

MUST-MAKE
COOKIES
PAGE 78

NOVEMBER/DECEMBER 2014

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52
Quick
& Fresh
RECIPES

THE ULTIMATE
MAKE-AHEAD
MENU

SENSATIONAL
HOLIDAY
SALADS

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center of the feast, the *pièce de
résistance*. May all your roasts
this season be as juicy, tender,
succulent and irresistible as
these. BY TARA MATARAZA DESMOND

PEAR SEASON starts in late
summer and runs through the
holidays. Bosc pears, with their long
curving necks and russeted skin,
are especially pretty in this simple
baked dessert (page 60).

'Tis the Season

I've had my share of cooking disasters during the holidays. One year, frazzled with making the whole Thanksgiving meal myself, I sloshed a pan of greasy turkey drippings all over my suede boots. I've made Yorkshire puddings that didn't puff, tiramisù from a recipe that didn't add up to anything recognizable (I had to throw it out) and burned sugar trying to make peanut brittle. My most inane move: trying to bake six kinds of cookies and package them up for 20 recipients... all after dinner one evening on a work night. What was I thinking?

Despite these hiccups, I love cooking this time of year. It's when all the big gatherings are stacked up on the calendar, meaning plenty of excuses to go beyond my everyday repertoire. Plus the disasters aren't the end of the world. And in the process I've become a better cook (and planner).

Now I've mastered brittle and realized it's way easier to make than cookies. And if I do decide to bake cookies, I'll do it with friends, as Virginia Willis, Claire Perez and her daughter Ruby do (see page 78). Though I'm a control freak in the kitchen, I've come to terms with the idea of getting help from guests (for special occasions only, of course). This is a trick caterer Mary Cleaver uses for her Thanksgiving (page 64).

As for the recipes that failed, like that Yorkshire pudding and



tiramisù, my go-to answer is to use the recipes in *EatingWell*. I know they have all come through our Test Kitchen and will work when I make them at home. With recipes like the spiral-stuffed pork roast on page 94 and the spaetzle on page 60, I know that the trickier techniques are always clearly explained. Plus I have the inside scoop: I've tasted all these recipes and know which ones are on the top of my list to eat again. Hello, Kale, Carrot & Apple Salad (page 72) and Pignoli Cookies (page 81)!

But I'll admit that I'm not 100% loyal to *EatingWell*. I find inspiration for what to cook everywhere: cookbooks, the Web, other mags, chefs, friends and the staff here. And whether every single dish is pitch-perfect is not the point. Half the fun is trying something new and feeding people you love. As you dig into this issue, plan your menus and start your holiday cooking, remember to take it easy and enjoy yourself.

And one more tip: slip on a pair of Crocs instead of your favorite boots when you're taking the turkey out of the oven.

Cheers,

Jessie

Jessie Price, editor@eatingwell.com



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ADAMS TURKEY FARM

If I host Thanksgiving this year, my bird will come from Dave and Judy Adams (left). For 30 years they've been raising vegetarian-fed birds without antibiotics on their family farm in Westford, Vermont.





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FEEDBACK

I cannot tell you how much I am enjoying the Italian section of the September/October issue. I feel like I have taken a tour of Italy through the eyes, words and photos of people who passionately love Italy and its food. I have flagged no less than 7 recipes to try (this is a record for me with one magazine issue). The first one was tonight—Macaroni with Sausage & Ricotta.

It will be a pasta go-to in the future. What surprises me is that the recipes aren't "lightened." These seem to be authentic Italian recipes. I don't know why I'm surprised—this is the essence of Italian cuisine: a few of the freshest ingredients artfully combined. Superb! I will refer to this issue for quite some time. **RUSS GLADDEN, Tucson, AZ**

This issue is one of the best you have ever published. I have cooked several recipes (Sicilian Eggplant Caponata, Fish Stew with Olives, Capers & Potatoes, and Sicilian Marinated Olives). This is Mediterranean food at its best!

MARILYN SECKAR, Granada Hills, CA

Well-Timed Travel Tips

Your magazine couldn't have arrived at a better time! My husband and I leave for Italy today, spending three weeks in the Tuscany region. The Tuscany article is packed along with the book *The Food Lover's Guide to Florence*. Ciao!

DEBBIE WESTFALL, Birchrunville, PA

Rabbits as Meat

In your September/October issue you had a recipe for rabbit. Rabbits are the third most popular mammal pet. They are smart, funny and social. Featuring a common family pet as a main ingredient is sickening.

PAMELA REES, Rising Sun, IN

EDITOR'S REPLY: *We support humane treatment for all animals, including rabbits that are raised for meat. We also respect anyone's choice to avoid certain meats or meat altogether.*

Where's the Whole-Wheat?

None of the recipes in "A Way with Pasta" calls for whole-wheat pasta, which makes me wonder if your staff no longer considers whole-wheat pasta to be a significantly healthier choice. Since I often

have a hard time finding certain kinds of whole-wheat pasta, I wouldn't be disappointed to learn that the whole-wheat products aren't substantially better for us.

JUDY BRECKLING, Greeley Hill, CA

EDITOR'S REPLY: *Whole-wheat is still healthier than white pasta. But we wanted the recipes to reflect how our Italian author really cooks. And our registered dietitians all agreed that eating white pasta occasionally is fine.*

Healthy Fat

I started training for my first half marathon over a year ago, which I successfully completed over Labor Day. I ate bacon and eggs, steak, fish, just about anything I wanted except sugars. I stayed away from desserts and processed food completely. I lost over 60 pounds. So I agree completely with this article ("The New Fat Revolution"), which can be summed up by saying that a healthy diet is made up of a wide variety of foods and as long as you eat them in moderation you, too, can be healthy.

MICHAEL BLACK, Martinsburg, WV
(via Facebook)



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BRUSSELS
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California Farms Organic Sweetened Condensed Milk helps to make a recipe purely delicious! Our Organic Chocolate Crumble Bars are great for an informal get-together or to use as a tasty dessert for a large, festive gathering.

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- 1 cup Organic sugar
- ¼ teaspoon Kosher salt
- 2 cups Organic semi-sweet chocolate chips
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- 1 teaspoon Organic vanilla extract
- 1 cup Organic chopped nuts (optional)

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1. Preheat oven to 350 degrees F. Grease a 9 x 13 inch pan.
2. In a large mixing bowl, beat butter until creamy. Beat in flour, sugar and salt until crumbles form. Flour fingers and press 2 cups of crumb mixture onto bottom of prepared baking pan; set remaining mixture aside.
3. Bake 10 to 12 minutes or until edges are golden brown.
4. In small, heavy-duty saucepan, combine 1 cup chocolate chips with sweetened condensed milk. Warm over low heat, stirring until smooth. Stir in vanilla extract. Spread over hot crust.
5. Stir nuts (optional) and remaining chocolate chips into reserved crumb mixture; sprinkle over chocolate filling.
6. Bake for 25 to 30 minutes or until center is set. Let cool in pan. Cut and serve once cool.



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HOLIDAY GIFT GUIDE: *Our editors share their favorite picks //* PAGE 16

FRESH

A Better Banana

How to pick a bunch with a lighter environmental impact

By Gretel H. Schueller

Bananas are by far America's favorite fruit. Annually, we each eat about 10 pounds. Sweet, healthy and relatively inexpensive, what's not to love about this yellow-jacketed fruit?

Most bananas sold in the United States are grown in Latin America, where banana plantations are notorious for spraying a slew of toxic chemicals, affecting both workers and wildlife. A recent study, for example, found that crocodiles living downstream from plantations had higher concentrations of pesticides in their blood and were in worse health compared to those in more remote areas.

In sharp contrast is the 800-acre plantation operated by EARTH University in Costa Rica. Its trees are buffered by rain forest harboring tropical wildlife like monkeys and toucans that naturally reduce pests. Like conventional growers, EARTH covers banana bunches with bags to repel insects. But instead of pesticides, the bags are filled with a chile pepper and garlic mix.

To purchase sustainably grown bananas, look for one of these labels: Turbana, Equal Exchange, Rainforest Alliance, EARTH University or USDA Organic.



Label Watch: Glycerin (Glycerol)

Typically Found In: Salad dressings, low-fat baked goods, processed meat and more.

What You Need to Know: Glycerin is an ingredient in soap, but why is it in food? It's used as a sweetener, thickener, preservative and helps keep foods from drying out. The majority of glycerin in our food is made from vegetable oils but it's also made from animal fat and sugarcane. Studies on glycerin have found it's safe to consume in the amounts used in foods. —*Martha Lee Anne Ryals, M.S.*

oil, salt, extract), pea
whey, dextro
glycerin, c
natural an

Pucker Up to Vinegar

Beyond its essential role in salad dressings and pickles, vinegar has some surprising health benefits.

By Gina Roberts-Grey

Apple cider vinegar

Apple cider vinegar helped increase “good” HDL cholesterol in animal studies. Plus, it contains a polyphenol, chlorogenic acid, thought to reduce “bad” LDL cholesterol.

Red-wine vinegar

Acetic acid, which gives red-wine and other vinegars their sour taste, helps you stay satisfied after eating by minimizing blood sugar spikes.

Balsamic vinegar

The antioxidant quercetin, found in grape-based vinegars like balsamic, may help tame high blood pressure, says research in the *Journal of Nutrition*. It's in apple vinegars too.

Rice vinegar

Vinegars contain phenols, naturally occurring plant compounds linked with reduced cancer risk. One type of rice vinegar, kurosu, boasts more than any other.

Raspberry vinegar

A splash of vinegar may give your weight-loss efforts a small boost. People who added raspberry vinegar or apple cider vinegar to their diets daily for at least 4 weeks slimmed down more than those who didn't get vinegar.

Vinegar's not a magic elixir—but it may be able to help your waistline, cholesterol and more.

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Gift Ideas for Food Lovers

We polled our editors for their top gift picks. Spread holiday cheer with any of these finds or give one to yourself (we won't tell).

By Lisa D'Agrosa, M.S., R.D.



The latest from Yotam Ottolenghi boasts recipes beyond his Middle Eastern and Mediterranean roots—think Thai, Indian, Japanese. A must-have for veg-minded cooks. **Plenty More:** Ten Speed Press, \$35.



Bring this crowd-pleasing luscious red blend to your next holiday gathering and everyone will be toasting you. **Folk Machine 2013 "Parts & Labor" Red Wine,** CA: \$15.



For the tech-savvy cook: this tablet stand is unobtrusive and displays recipes clearly (we hear eatingwell.com is a great place to look). **Williams-Sonoma Tablet Stand:** \$50.



This Japanese-style "vegetable cleaver" will revolutionize your veg prep. It has a super-thin blade that makes quick work of dense veggies like potatoes and carrots. **Wüsthof Classic Nakiri Knife:** \$120.



Perfect for everyday use, but handsome enough for the holiday table. **Peugeot Nancy Salt & Pepper Mills:** starting at \$30 each.



Each cheese in this trio—a creamy Mt. Tam, Rogue's Echo Mountain blue and Cabot Clothbound Cheddar—is outstanding. Check out Cowgirl's cheese-of-the-month club too! **Cowgirl Creamery, Holiday Collection:** \$60 plus shipping.



Seltzer's greener when you make your own in a reusable bottle. Our whole office is obsessed with this sleek-looking model. **The Source by SodaStream:** starting at \$99.



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SHOP SMART by Lisa D'Agrosa, M.S., R.D.

Frozen Pizzas

When it comes to being ready for a last-minute dinner, a frozen pizza could be your best friend. But just because you're taking a shortcut doesn't mean you have to sacrifice a healthy dinner. Here's what to look for.

A Better Bottom: More dough means more calories, so choose thin-crust over deep-dish. Buy pizzas that have whole grains in the crust whenever you can and skip ones stuffed with cheese.

Keep It Simple: Less is more when you're picking pizzas. Some loaded pizzas (see our brand picks) are tasty, but many had soggy toppings and meat-lover pizzas were higher in calories and sodium. Adding your own veggies helps them stay crunchy and you can choose what you like.

Mind Your Portions: One serving of pizza won't seem like much when it's on your plate (you get about a third of the pie). To round out the meal, fill the rest of your plate with a lightly dressed green salad.

The Ingredients: Avoid hydrogenated oils (they deliver trans fats), which are in some crusts.

Brands We Like: Amy's Roasted Vegetable Pizza (vegan) and Pesto Pizza; Dr. Oetker Ristorante Pizza Mozzarella; American Flatbread Sliced Tomato & 5 Cheese; DiGiorno Thin & Crispy Spinach and Garlic Pizza.

Make your own with our healthy, homemade pizza recipes at eatingwell.com/webextra

Numbers to Look For

Serving Size	2 slices (pizza ÷ 6)
Calories	≤ 350
Sodium	≤ 600

DID YOU KNOW?

**RED PLATES
MAY HELP
YOU EAT
50% LESS.**

SOURCE: APPETITE, 2013

ASK THE NUTRITIONIST

“Does feeding a cold and starving a fever *really* work?”

The thinking behind the old saying goes like this: fasting causes a drop in body temperature, which helps to fight a high fever, while eating raises your temperature, warming you up if you have a cold and keeping your sniffles at bay.

In some regards, the adage is sensible: a couple small studies tell us that fasting ramps up the part of your immune system that fights bacteria, which cause some illnesses like strep throat and ear infections. Eating, on the other hand, seems to stimulate your immune system to attack viruses like the common cold.

But, unfortunately it's not that simple: fevers can be caused by both bacteria and

viruses. The flu, for example, is a virus. And sicknesses like pneumonia may be fueled by either a virus or a bacterium.

We need a lot more research to turn this old wives' tale into a doctor's prescription. So should you eat when you're sick?

**“Listen to your body.
If—or when—
you're hungry,
eat. And be sure
to stay hydrated.”**

Listen to your body. If—or when—you're hungry, eat. And stay hydrated: drinking fluids, especially sipping hot beverages and soups, helps thin out that gunk in your nose and hopefully get it out of your system faster.

Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at askus@eatingwell.com



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PET NUTRITION

Is it better to feed my pet homemade food?



Cailin Heinze, VMD, MS, DACVN, Assistant Professor, Clinical Nutrition Service, Cummings School of Veterinary Medicine at Tufts University

Here's the good news: the occasional home-cooked meal for a special occasion is unlikely to be problematic for most healthy pets. But to regularly feed your pet a home-cooked diet isn't as simple as deciding what to cook for dinner tonight. The store-bought pet food you give your dog or cat is nutritionally balanced and fortified for their needs. If you do want to feed your pet a homemade diet, you'll need to meet with a qualified pet nutritionist (either a veterinarian with board certification in veterinary nutrition or a Ph.D.-trained animal nutritionist). They'll develop a detailed recipe for your pet's specific needs and recommend appropriate supplements, which will help prevent your pet from developing a nutrition-related health problem down the road.

An Opal a Day

A naturally bred cross between Golden Delicious and Topaz, the Opal apple doesn't brown when you slice it. This late-season fruit is the first apple in the U.S. to get the Non-GMO Project Verified label. The apple comes from Broetje Orchards in Washington State, which donates 50 to 75 percent of its profits to charities annually.

The apple that doesn't brown!



HEALTHY TRAVEL

Mile-High Dining

By Katie Cavuto, M.S., R.D.

Taking to the skies this holiday season? Avoid mid-flight hunger pangs with our top healthy in-flight food picks.

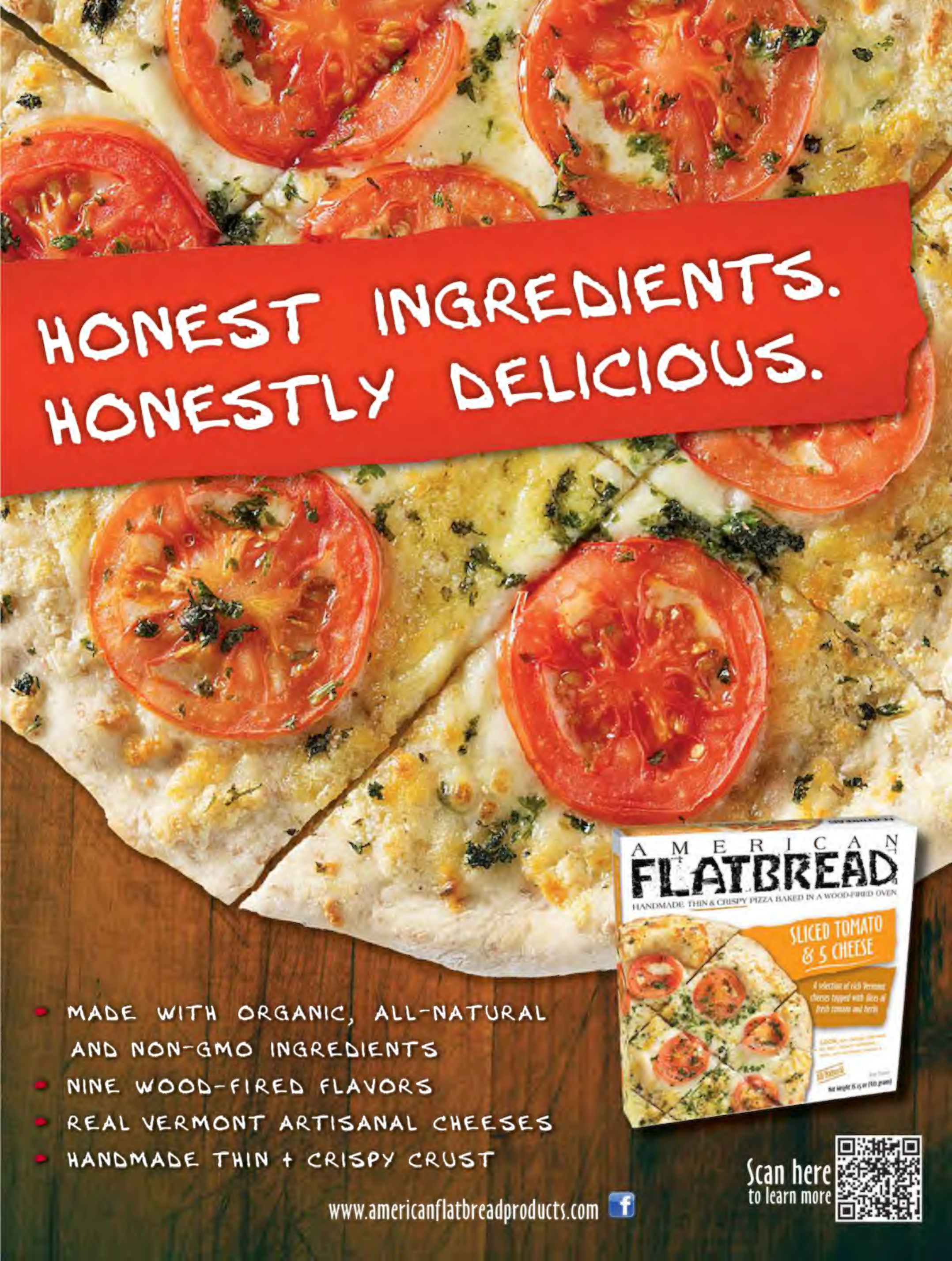
UNITED: A protein-packed egg, heart-healthy almond butter and fresh fruit are included in its "Morning Energy Selection."
Calories: 345, Fiber: 2g, Protein: 16g.

AMERICAN/U.S. AIRWAYS: Their hummus & multigrain pita chips snack is satisfying thanks to the protein- and fiber-rich hummus.
Calories: 230, Fiber: 5g, Protein: 8g.

DELTA: Looking for a hearty meal around 500 calories? Get the Luvo grilled chicken wrap, which includes avocado and veggies, plus a chocolate chip cookie on the side.
Calories: 530, Fiber: 7g, Protein: 17g.

JET BLUE: Get your "superfoods" at 30,000 feet with a kale salad topped with quinoa and berries.
Calories: 320, Fiber: 6g, Protein: 5g.

DIY SNACK PACK: Make your own "jet fuel" by combining protein, healthy fats and fiber-rich carbohydrates for a hearty snack or mini-meal with staying power. Pack 1 pear with travel-friendly Babybel cheese, 5 whole-grain crackers and 1 cup cucumber slices.
Calories: 285, Fiber: 8g, Protein: 9g.



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Look for the Veteran Label

The Homegrown By Heroes label identifies foods grown by military-veterans-turned-farmers and it's already boosting sales. Farm-fresh foods from blueberries to beef carry the stamp. By the end of 2015, organizers hope to have 1,000 certified farmers carry the label. Visit hgbh.org for more information. —Molly Blake



Want your kids to eat healthier?

Eat breakfast together.

A study in the *Journal of the Academy of Nutrition and Dietetics* found that when families ate their morning meal together—as little as once or twice a week—their kids ate more fruits, vegetables, whole grains and dairy and were less likely to be overweight. Moms and dads were eating more fruits and veggies too! —Martha Lee Anne Ryals, M.S.

NEED HEALTHY BREAKFAST IDEAS? Find quick recipes at eatingwell.com/webextra



The Protein of the Future?

After seeing malnutrition firsthand while working in Africa for seven years, Josh Tetrick, CEO of Hampton Creek, returned to the U.S. determined to create a cheap and healthful source of protein. He teamed up with biochemists, farmers and chefs to find a plant with the properties and nutritional value of the conventional chicken egg—minus the chicken. The result? A more sustainable *and* affordable protein, derived from the Canadian yellow pea, found in Hampton Creek's Just Mayo (sold at Whole Foods, Walmart, Safeway and more) and cookie-dough mix. We talked to Tetrick about his initiatives.

WHY DO WE NEED PLANT-BASED FOOD ALTERNATIVES?

We still eat in ways that aren't good for the environment because it's tasty, cheap and convenient. I want to create a new food system that makes it ridiculously easy for people to make more sustainable choices—starting with the egg. We're not trying to *replace* the egg, but instead make another very efficient protein.

HOW CAN WE USE PLANTS TO IMPACT THE GLOBAL FOOD SYSTEM?

We source our plants from farmers across the world. My heart is very much still in Africa, and I'd like to plug those farmers into a sustainable farming model that makes the food system even better at the same time. We're focused on solving problems for people everywhere—not just people who can afford pricier food.

WHAT'S NEXT? Finding the next food solution and feeding the world. We've identified plants that can help us use less sugar in packaged foods. And we're working on high-protein low-cost snacks to transport to third-world countries. —Lindsay Westley



“Our scrambled ‘eggs’ cost less to produce and have 13 percent more protein than conventional eggs.”

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The Simple Magic of Popcorn

A fragrant bowlful of popcorn connects a family over the years.

By Joyce Maynard

Long ago, when my three children were small, we lived in a farmhouse in the country, in a state where winter started in November and lasted through March. One of our traditions, on winter afternoons when the sun went down by four o'clock, was to make a bowl of popcorn and snuggle up on the couch with a pile of library books (and napkins, to keep the butter off the pages). I cooked a lot of great meals for my family over the years, but it's the taste of popcorn I associate more than any other with home. I'll go further: popcorn is my favorite food on the planet.

Requiring nothing but oil for popping, salt and butter to season and the popping corn itself, it costs almost nothing. And it's ready in minutes, healthy and delicious. Pot, oil, kernels, heat. Then suddenly, like a rainstorm on a cloudy day, comes the sound... *pop, pop, pop*. First just a smattering, bursting the silence, then a wild and joyful explosion. I hear the sound of those kernels hitting the lid of my pot and my whole body relaxes, like one long sigh of relief.

Nobody eats popcorn sitting at a table. It's a food you take with you to a cozy spot (or a spot that becomes cozy, with popcorn). It's also a bonding food. As you dip your hand into the bowl and fill it with popcorn, it warms you up in ways that have nothing to do with the temperature. It's this aspect that accounts for my particular love of this food: the unique properties of popcorn as a shared food and a comforting one. It's a food to be eaten, preferably, in the company of someone you love. Wrapped under blankets. Harsh weather cries out for popping corn. So do televised sports, sad movies, funny movies, dumb movies, election nights, Scrabble games, kids' sleepovers and the rehashing (with a friend) of a truly terrible breakup.

When a person reaches into a bowl of popcorn, what she is actually doing, I think, is reaching into the past. I know I do. I think about all the other times I've performed this same ritual and the people with whom I shared my little sacrament.

I remember one time, when the snow began to fall. It snowed into the night, and when we woke up the next morning, the snow was still falling. All through that day, it continued to snow. Soon we could no longer see our car from the windows of the house, and then, we couldn't even see out the windows. On the second day, the power lines got so heavy with snow they fell. The electricity went

off. All we could do was pile wood in the stove and bundle up together.

Because we lived a few miles outside of any town, at the end of a long dirt road, with no neighbors in sight, ours was often one of the last houses the snowplows got to after a storm. There was no thought of getting my children to school or making the trip to town for groceries, so we ate what we had: cooked rice on the gas burners, baked potatoes in the fireplace and when those finished, I made pancakes. But on the third day, the eggs were also gone. We were getting pretty hungry—not to mention that we were all tired of playing Clue and Pick-Up Sticks.

That's when I took out my popcorn pot.

It was two more days before the snowplow cleared our road and the power returned. In the meantime, we lived on peanut butter and popcorn.

I remember those as some of our family's best times. There was no television, no ringing phone and nowhere to go. Just that pile of library books, an oil lamp, a burning fire and a whole lot of popcorn.

My daughter is 36 years old now. Her younger brothers, 30 and 32. All are die-hard popcorn poppers today and staunch opponents of microwave popcorn or any other method that deviates from our old standby of the cast-iron pot, the oil, the flame and a topping of melted butter. Now and then, when I talk to

one of them on the phone, I will hear in the background the familiar sound of popcorn popping... in their kitchens now, so far from mine.

I love hearing that sound, feeling that a nearly miraculous transformation is taking place. How can it be that a couple handfuls of hard little kernels, tossed in a pot and placed over a flame, will transform themselves into a fluffy white mountain, inflating to the point they push the lid right off the pot?

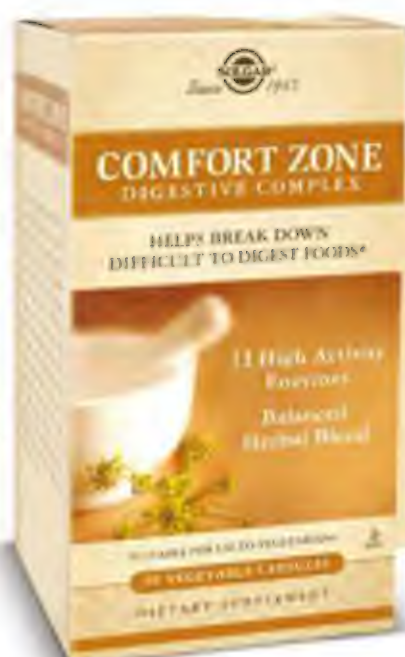
There are simple enough scientific explanations for this, of course. But to me, it always feels more like magic. 🍿

JOYCE MAYNARD is the New York Times best-selling author of *Labor Day*. Her most recent novel, *After Her*, is now out in paperback (William Morrow).



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5
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Mushroom- &
Cranberry-Stuffed
Turkey Cutlets

MUSHROOM- & CRANBERRY-STUFFED TURKEY CUTLETS

PHOTO ON PREVIOUS PAGE

ACTIVE: 30 MIN **TOTAL:** 40 MIN **EQUIPMENT:** KITCHEN STRING

This recipe delivers a taste of Thanksgiving in just 40 minutes start to finish.

Serve with wild rice pilaf and steamed green beans.

- | | |
|---|------------------------------------|
| 6 ounces sliced white mushrooms | ½ cup chopped dried cranberries |
| ½ cup coarsely chopped onion | 4 turkey cutlets (about 1 pound) |
| 2 tablespoons extra-virgin olive oil, divided | ¾ teaspoon poultry seasoning |
| ⅛ teaspoon salt plus ¼ teaspoon, divided | 1 cup reduced-sodium chicken broth |
| ½ teaspoon ground pepper, divided | 2 tablespoons all-purpose flour |
| ¾ cup fresh breadcrumbs | 1 tablespoon butter |

1. Finely chop mushrooms and onion in a food processor. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the mushrooms and onion, ⅛ teaspoon salt and ¼ teaspoon pepper; cook, stirring, until the liquid is mostly evaporated, about 4 minutes. Scrape into a bowl and stir in breadcrumbs and cranberries. Wash and dry the skillet.

2. Cover cutlets with plastic wrap and pound with the smooth side of a meat mallet to about ¼-inch thickness. Sprinkle one side with poultry seasoning and the remaining ¼ teaspoon each salt and pepper. Turn the cutlets over and spread about ½ cup of the mushroom mixture over each. Roll up, starting from a short side. Tie the rolls closed with kitchen string.

3. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Add rolls, seam-side down, and cook for 2 minutes. Carefully turn. Whisk broth and flour together and add to the pan. Cover, reduce heat to a simmer and cook until an instant-read thermometer inserted into a roll registers 165°F, 10 to 12 minutes.

4. Remove the rolls from the pan and strain the gravy through a fine-mesh sieve, if desired. Stir in butter until melted. Slice the rolls, if desired, and serve with the gravy.

SERVES 4: 1 STUFFED CUTLET & ¼ CUP GRAVY EACH

Calories 339, **Fat** 11g (sat 3g), **Cholesterol** 53mg, **Carbs** 27g,

Total sugars 13g (added 10g), **Protein** 33g, **Fiber** 3g, **Sodium**

537mg, **Potassium** 280mg.

CRISPY PORTOBELLO CUTLETS WITH CARAMELIZED ONIONS & BLUE CHEESE

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Round out the meal with a baked potato and Creamed Spinach

(recipe on eatingwell.com).

- | | |
|--|--|
| ⅓ cup balsamic vinegar | 2 medium red onions, sliced (about 2 cups) |
| 2 tablespoons reduced-sodium soy sauce or Worcestershire sauce | 2 tablespoons water |
| ¾ teaspoon dried sage | ¼ teaspoon salt |
| 8 portobello mushroom caps (3-4 inches in diameter) | ¼ teaspoon ground pepper |
| 5 tablespoons extra-virgin olive oil, divided | ¾ cup panko breadcrumbs |
| | ¼ cup crumbled blue cheese |

1. Combine vinegar, soy sauce (or Worcestershire) and sage in a small bowl. Place mushroom caps, gill-side up, in a large shallow dish and pour the vinegar mixture into them. Let marinate for about 10 minutes.

2. Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Cook onions, stirring often, until just starting to brown, about 10 minutes. Add water and cook until very soft, 10 to 15 minutes more. Season with salt and pepper and set aside.

3. Preheat oven to 250°F.

4. Place breadcrumbs on a large plate. Make sure the mushrooms are coated on both sides with marinade; dredge them in the breadcrumbs.

5. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add 4 mushrooms, gill-side down. Place a heavy, heatproof plate on top and cook until the breadcrumbs are crispy, pressing on the plate periodically to flatten the mushrooms, about 4 minutes. Remove the plate; add 1 tablespoon oil to the pan and turn the mushrooms over. Replace the plate and cook, pressing once or twice, until the breadcrumbs are golden brown and the mushrooms are tender, about 4 minutes more. Transfer to a baking sheet and keep warm in the oven. Wipe out the pan and repeat with the remaining 4 mushrooms and 2 tablespoons oil, reducing the heat if necessary. Serve with the onions and blue cheese.

SERVES 4: 2 MUSHROOM CAPS, 2 TBSP. ONIONS & 1 TBSP. CHEESE EACH

Calories 321, **Fat** 21g (sat 4g), **Cholesterol** 6mg, **Carbs** 27g,

Total sugars 10g (added 0g), **Protein** 8g, **Fiber** 4g,

Sodium 493mg, **Potassium** 818mg.

Here's a vegetarian take on a steakhouse dinner: top crispy mushrooms with caramelized onions and blue cheese.



Welcome Back

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PRETZEL-CRUSTED PORK CUTLETS WITH MUSTARD SAUCE

ACTIVE: 15 MIN **TOTAL:** 35 MIN

Pretzels make a delicious crunchy coating for baked, lean pork chops. To crush the pretzels, place in a large sealable plastic bag and pound with the smooth side of a meat mallet or the bottom of a small skillet or pulse in a food processor until coarsely chopped.

- | | |
|---|-----------------------------------|
| 4 center-cut boneless pork chops (1-1¼ pounds total), trimmed | 3 cups mini pretzels, crushed |
| ¼ teaspoon ground pepper | Olive oil cooking spray |
| ⅛ teaspoon salt | ¼ cup low-fat plain Greek yogurt |
| ⅓ cup all-purpose flour | 2 tablespoons whole-grain mustard |
| 1 large egg, lightly beaten | |

1. Place a wire cooling rack on a rimmed baking sheet and place in the oven; preheat to 450°F.
2. Place pork chops on a large cutting board. Cover with plastic wrap and pound with the smooth side of a meat mallet to about ¼-inch thickness. Sprinkle with pepper and salt. Place flour, egg and pretzels in three separate shallow dishes. Dredge the cutlets in flour, shaking off excess, then dip in egg, letting excess drip off, then press into pretzels. Generously coat one side of the cutlets with cooking spray.
3. Remove the heated pan from the oven. Put the cutlets, sprayed-side down, on the rack. Coat the second side generously with cooking spray. Bake until golden brown, 8 to 12 minutes.
4. Combine yogurt and mustard in a small bowl. Serve with the pork.

SERVES 4: 1 CUTLET & 1 GENEROUS TBSP. SAUCE EACH

Calories 250, **Fat** 8g (sat 2g), **Cholesterol** 105mg, **Carbs** 17g, **Total sugars** 1g (added 0g), **Protein** 23g, **Fiber** 1g, **Sodium** 491mg, **Potassium** 308mg.



SKILLET SWISS STEAK

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Traditional Swiss steak braises in the oven for an hour or more, but we make it quickly on the stovetop using thinly cut cube steak. Ask your butcher for 4 equal-size cube steaks (about 4 ounces each) so they cook evenly.

- | | |
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| 4 cube steaks (1-1¼ pounds total) | 1 medium green bell pepper, thinly sliced |
| ½ teaspoon salt, divided | 1 clove garlic, minced |
| ¼ teaspoon ground pepper | 1 teaspoon chopped fresh thyme |
| ¼ cup all-purpose flour | 1 14-ounce can whole tomatoes |
| 2 tablespoons extra-virgin olive oil, divided | 1 tablespoon Worcestershire sauce |
| 1 large onion, cut into ½-inch-thick slices (don't separate) | |

1. Preheat oven to 200°F.
2. Sprinkle steaks with ¼ teaspoon salt and pepper. Place flour in a shallow dish and dredge the steaks in it.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Reduce heat to medium and cook the steaks until browned, 2 to 4 minutes per side. Transfer to a baking sheet and keep warm in the oven.
4. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add onion slices and cook, turning once and pressing with a spatula a few times, until browned on both sides, 4 to 6 minutes total. Stir in bell pepper, separating the onion rings as you stir, and cook, stirring occasionally, until the vegetables are tender, 3 to 4 minutes. Stir in garlic, thyme and the remaining ¼ teaspoon salt; cook, stirring, for 15 seconds. Add tomatoes with their juice and Worcestershire. Cook, stirring, breaking up the tomatoes and scraping up any browned bits, until thickened, about 5 minutes. Serve the sauce over the steaks.

SERVES 4: 1 STEAK & ¾ CUP SAUCE EACH

Calories 362, **Fat** 16g (sat 4g), **Cholesterol** 105mg, **Carbs** 16g, **Total sugars** 5g (added 0g), **Protein** 39g, **Fiber** 3g, **Sodium** 608mg, **Potassium** 355mg.

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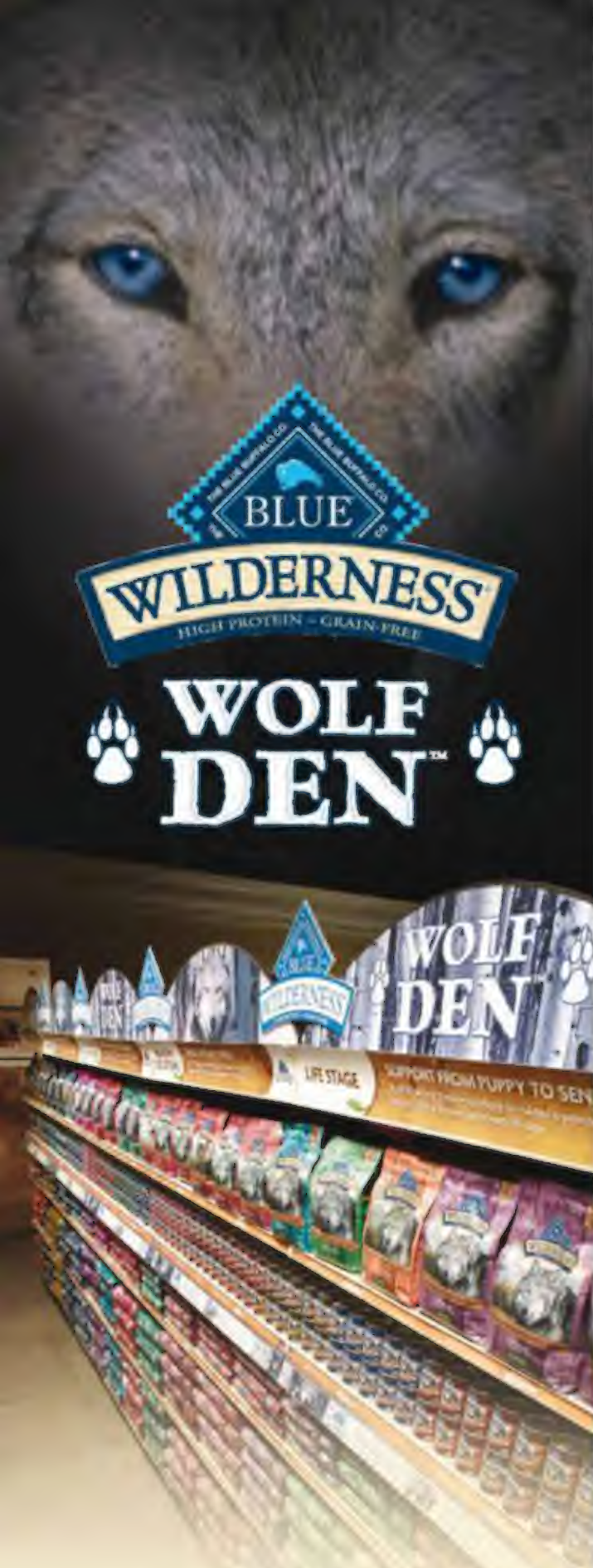


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If you can't
 find **kumquats**,
 try using orange
 or clementine
 segments.

COCONUT-CRUSTED SWORDFISH WITH KUMQUAT SAUCE

ACTIVE: 25 MIN TOTAL: 25 MIN

Kumquats are tiny citrus fruit that you can eat whole—skin, seeds and all. Here we cook them up into a delightfully tart sauce to serve over coconut-crusted fish. For an extra hint of coconut flavor, sear the fish in coconut oil. Serve with brown rice and glazed carrots.

- | | |
|---|---|
| 2 swordfish or mahi-mahi steaks
(8-10 ounces each) | 1 tablespoon canola oil or coconut oil
plus 2 teaspoons, divided |
| $\frac{3}{4}$ teaspoon salt, divided | $\frac{1}{2}$ cup sliced kumquats, seeded |
| $\frac{1}{4}$ teaspoon pepper | if desired |
| $\frac{1}{2}$ cup unsweetened shredded coconut | $\frac{1}{4}$ cup finely chopped shallot |
| $\frac{1}{2}$ cup orange juice | $\frac{1}{4}$ teaspoon crushed red pepper, or to
taste |
| $\frac{1}{4}$ teaspoon cornstarch | |

1. Cut each fish steak in half horizontally so you have 4 thin steaks. Sprinkle with $\frac{1}{2}$ teaspoon salt and pepper. Place coconut in a shallow dish and dredge the fish in it. Mix orange juice and cornstarch in a small bowl; set aside.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Cook the fish until golden brown, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.
3. Reduce the heat to medium and add the remaining 2 teaspoons oil, kumquats, shallot, crushed red pepper and the remaining $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the kumquats start to soften, about 2 minutes. Stir in the orange juice mixture and let simmer for 1 minute. Serve the sauce over the fish.

SERVES 4: 4-5 OZ. FISH & GENEROUS 2 TBSP. SAUCE

Calories 277, Fat 17g (sat 6g), Cholesterol 65mg, Carbs 9g, Total sugars 5g (added 0g),

Protein 21g, Fiber 2g, Sodium 522mg, Potassium 581mg

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IN SEASON

Sensational Holiday Greens

Brighten your table with these fresh, seasonal salads

The table is set, the flowers are arranged, the main course is ready on its platter, the favorite once-a-year side dishes are hot and the desserts are patiently waiting. What's missing? The salad! Not to worry. With a few ingredients—many of which are already in your pantry—these holiday-worthy salads are just minutes away from the table.

Starting with greens like baby spinach and arugula, each of these salads is studded with seasonal fruits or vegetables. Then

they're lightly tossed with dressing for a balance of crunchy, sweet, tart and savory in every bite. Special ingredients elevate them from simple to spectacular: there are candied walnuts in the arugula salad, hearts of palm in the spinach salad, and dates and pomegranate seeds that add natural sweetness to a mixed green salad.

Serve any of these stunners with a holiday meal and the salad will not only contend with Aunt Mimi's green bean casserole, it might even steal the show. —BREANA LAI, M.P.H., R.D.



WATERCRESS, PISTACHIO & BEET SALAD PHOTO: PAGE 35**ACTIVE:** 30 MIN **TOTAL:** 40 MIN**TO MAKE AHEAD:** Prepare beets (Step 1); cover and refrigerate for up to 2 days.*Sweet, tangy pickled beets, peppery watercress and the delicate licorice scent of crunchy fennel make for a salad that artfully balances flavor, texture and color.*

- | | |
|--|---|
| 1 pound medium beets,
peeled and sliced into
¼-inch rounds | 3 tablespoons extra-virgin
olive oil |
| 4 tablespoons champagne
vinegar or white-wine
vinegar, divided | ¼ teaspoon ground pepper |
| 1 tablespoon pure maple syrup
plus 2 teaspoons, divided | 10 cups watercress, trimmed |
| Pinch of salt plus ¼
teaspoon, divided | 1 medium fennel bulb,
trimmed, cored and thinly
sliced; fronds reserved |
| | ¼ cup coarsely chopped
salted pistachios |
| | ¼ cup crumbled feta or
goat cheese |

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and cook until tender, 10 to 12 minutes. Combine 2 tablespoons vinegar, 1 tablespoon syrup and a pinch of salt in a bowl. Stir in the beets. Refrigerate for at least 10 minutes and up to 2 days.

2. To serve, whisk the remaining 2 tablespoons vinegar, 2 teaspoons syrup, ¼ teaspoon salt, oil and pepper in a large bowl. Add watercress and sliced fennel; toss to coat. Arrange the beets around the edge of a platter and drizzle with 2 tablespoons of the pickling liquid. Mound the salad in the center. Top with pistachios and cheese. Garnish with chopped fennel fronds, if desired.

SERVES 6: ABOUT 1⅔ CUPS EACH

Calories 166, **Fat** 11g (sat 2g), **Cholesterol** 6mg, **Carbs** 15g,
Total sugars 8g (added 3g), **Protein** 4g, **Fiber** 4g,
Sodium 289mg, **Potassium** 544mg.

PEAR & ARUGULA SALAD WITH CANDIED WALNUTS**ACTIVE:** 15 MIN **TOTAL:** 40 MIN**TO MAKE AHEAD:** Prepare walnuts (Steps 1-2) and let cool completely; store airtight for up to 1 day. **EQUIPMENT:** Parchment paper*Candied walnuts are incredibly easy to make and give this pear and arugula salad a festive feel. For a touch of heat, add a pinch of ground chipotle to the nuts before baking.*

- | | |
|------------------------------------|------------------------------------|
| CANDIED WALNUTS | ¼ teaspoon salt |
| 1 cup walnut halves | 2 tablespoons walnut oil |
| 4 teaspoons water | 1 tablespoon Dijon mustard |
| 2 tablespoons light brown
sugar | 1 tablespoon white-wine
vinegar |
| ½ teaspoon ground cinnamon | ¼ teaspoon ground pepper |
| ¼ teaspoon salt | 8 cups baby arugula |
| SALAD | 2 firm ripe red pears, sliced |
| 1 large clove garlic, minced | |

1. To prepare walnuts: Preheat oven to 400°F. Line a small baking pan with parchment paper; coat with cooking spray.

2. Toss walnuts with water in a bowl. Sprinkle with brown sugar, cinnamon and salt; toss to coat. Transfer to the prepared pan. Bake until the sugar is melted and the nuts are just starting to brown, 6 to 8 minutes. Cool in the pan until the sugar hardens, about 10 minutes.

3. To prepare salad: Mash garlic and salt into a paste in a mortar and pestle or with the side of a knife on a cutting board. Transfer to a large bowl and whisk in oil, mustard, vinegar and pepper. Add arugula, pears and the walnuts; toss to coat.

SERVES 6: 1⅔ CUPS EACH

Calories 208, **Fat** 16g (sat 1g), **Cholesterol** 0mg, **Carbs** 17g, **Total sugars** 11g
(added 4g), **Protein** 3g, **Fiber** 3g, **Sodium** 235mg, **Potassium** 240mg.

The candied walnuts in this salad are also a great topping for pumpkin pie or oatmeal. If you're making a big batch, be sure to use a larger baking pan so they aren't crowded.



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MIXED GREEN SALAD WITH POMEGRANATE, DATES & BACON

ACTIVE: 25 MIN TOTAL: 25 MIN

TO MAKE AHEAD: Prepare dressing (Step 1), cover and refrigerate for up to 2 days.

Jewel-like pomegranate seeds star along with bacon, tangy clementines and dates in this mixed green salad.

- 1/3 cup buttermilk
- 1/4 cup freshly grated Parmesan cheese
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon chopped shallot
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 5 cups torn escarole
- 5 cups torn green-leaf lettuce
- 2 clementines, peeled, halved and sliced
- 1/3 cup chopped pitted dates
- 1/3 cup pomegranate seeds
- 3 strips cooked bacon, crumbled

1. Combine buttermilk, Parmesan, mayonnaise, vinegar, shallot, salt and pepper in a mini food processor or blender; process until smooth.
2. Toss escarole and lettuce with the dressing until evenly coated. Transfer to a serving platter and top with clementines, dates, pomegranate seeds and bacon.

SERVES 6: 1 1/3 CUPS EACH

Calories 113, Fat 4g (sat 1g), Cholesterol 10mg, Carbs 15g, Total sugars 10g (added 0g), Protein 5g, Fiber 3g, Sodium 305mg, Potassium 300mg.

To be sure you're getting sustainably grown and harvested hearts of palm, look for those labeled organic or fair trade.

ENDIVE & SPINACH SALAD WITH HEARTS OF PALM

ACTIVE: 15 MIN TOTAL: 15 MIN

Belgian endive and slices of hearts of palm dress up this quick spinach salad. A bright lemon-tarragon vinaigrette pulls it all together.

- | | |
|---|--|
| 3 tablespoons lemon juice | 2 heads Belgian endive, cored and sliced |
| 3 tablespoons extra-virgin olive oil | 1 14-ounce can hearts of palm (see Tip, above), rinsed, halved lengthwise and sliced |
| 1 tablespoon chopped fresh tarragon or 1 teaspoon dried | 2 hard-boiled eggs (see Tip, below), chopped |
| 1/2 teaspoon salt | 1/2 cup thinly sliced red onion |
| 1/4 teaspoon ground pepper | |
| 8 cups baby spinach | |

Whisk lemon juice, oil, tarragon, salt and pepper in a large bowl. Add spinach, endive, hearts of palm, eggs and onion; toss to coat.

SERVES 6: ABOUT 1 1/3 CUPS EACH

Calories 120, Fat 9g (sat 2g), Cholesterol 62mg, Carbs 6g, Total sugars 1g (added 0g), Protein 5g, Fiber 3g, Sodium 348mg, Potassium 400mg.

TO HARD-BOIL EGGS: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, drain and cover the eggs with ice-cold water; let stand until completely cooled.

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MARKET PICK

SPAGHETTI SQUASH

Pasta Impostor

Enjoy more than just
meatballs & marinara with
the slimmer spaghetti

PICK IT Look for a 2½- to 3-pound squash free from soft spots. The yellower the skin, the yellower the flesh, but there's no difference in flavor.

PREP IT Tackling a spaghetti squash can be intimidating. Here's how to avoid nicking yourself: cut the squash in half lengthwise by first poking the tip of a large chef's knife into the center. Place a folded kitchen towel across the top of the knife blade to protect your hand. Push the knife all the way through, turn the squash 180 degrees and repeat. Scoop out the seeds before cooking.

TALLY IT UP Carb-conscious folks and calorie counters alike love to swap the noodle-like shreds of spaghetti squash for pasta. There's a mere 42 calories and 10 grams of carbohydrate per cup of cooked squash compared to 221 calories and 43 grams of carbs per cup of cooked pasta. —CAROLYN MALCOUN



WATCH: How to cut and cook spaghetti squash at eatingwell.com/webextra



LEMONGRASS PORK & SPAGHETTI SQUASH NOODLE BOWL WITH PEANUT SAUCE

ACTIVE: 45 MIN TOTAL: 45 MIN

You'll be surprised at how much flavor the quick marinade infuses into slices of pork tenderloin for this lower-carb noodle bowl.

- 2 tablespoons minced fresh ginger, divided
- 2 tablespoons minced fresh lemongrass (see Tip, page 105)
- 2 tablespoons light brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon fish sauce
- 1 pound pork tenderloin, cut into ½-inch slices
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 3 tablespoons peanut oil, divided
- 1 pound baby spinach
- ½ cup "lite" coconut milk
- ¼ cup smooth natural peanut butter
- ¼ cup water

1. Combine 1 tablespoon ginger, lemongrass, brown sugar, soy sauce and fish sauce in a shallow dish. Add pork, turn to coat and let stand, turning once or twice, for 20 minutes.
2. Meanwhile, place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add the remaining 1 tablespoon ginger and add spinach a few handfuls at a time, cooking and stirring until all the spinach has wilted, 1 to 2 minutes total. Transfer to a plate; cover to keep warm.
4. Wipe out the pan, add the remaining 1 tablespoon oil and heat over medium-high. Add the pork (and marinade) and cook, turning once, until browned, about 2 minutes per side. Transfer the pork to the plate with the spinach and cover; leave the liquid in the pan.

5. Add coconut milk, peanut butter and ¼ cup water to the pan; cook, stirring and scraping up any brown bits, for 1 minute.
6. To serve, scrape the squash from the shells with a fork and divide among 4 bowls. Drizzle each portion with 2 tablespoons of the peanut sauce, top with pork and spinach, then drizzle with the remaining peanut sauce.

SERVES 4: 3 OZ. PORK, ¾ CUP SQUASH, ¾ CUP SPINACH & ¼ CUP SAUCE EACH
Calories 435, **Fat** 23g (sat 5g), **Cholesterol** 74mg, **Carbs** 25g, **Total sugars** 12g (added 7g), **Protein** 33g, **Fiber** 5g, **Sodium** 805mg, **Potassium** 1,272mg

 **NOTE:** Our recipes call for cooking the squash in a microwave oven. Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.



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KIELBASA-&SWISS SPAGHETTI SQUASH CASSEROLE**ACTIVE:** 35 MIN **TOTAL:** 40 MIN

Zesty sauerkraut, Swiss cheese and rye bread add Reuben-esque flavor to this skillet meal. If you can't find seeded rye, add ½ to 1 teaspoon caraway seeds in Step 2.

- | | |
|--|---|
| 1 2½- to 3-pound spaghetti squash,
halved lengthwise and seeded | ½ cup chopped turkey kielbasa
(3 ounces) |
| 2 large eggs, beaten | 1 bunch scallions, sliced, white
and green parts separated |
| 1 cup refrigerated sauerkraut,
squeezed dry and chopped | ¼ teaspoon ground pepper |
| 1 cup fresh rye breadcrumbs,
preferably seeded rye | 2 tablespoons extra-virgin olive oil |
| | ½ cup shredded Swiss cheese |

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes.
2. Meanwhile, combine eggs, sauerkraut, breadcrumbs, kielbasa, scallion whites and pepper in a large bowl. Let the squash cool for about 10 minutes, then use a fork to scrape it from the shells into the bowl with the sauerkraut mixture.
3. Position rack in upper third of oven; preheat broiler.
4. Heat oil in a large cast-iron or enamel-coated skillet over medium-high heat. Spread the squash mixture evenly in the skillet. Reduce heat to medium and cook, undisturbed, until browned on the bottom, 5 to 8 minutes. Sprinkle with cheese and the reserved scallion greens. Broil until browned on top, 4 to 6 minutes.

SERVES 4: ¼ SKILLET EACH

Calories 261, **Fat** 15g (sat 5g), **Cholesterol** 115mg, **Carbs** 20g, **Total sugars** 6g (added 0g),
Protein 12g, **Fiber** 4g, **Sodium** 583mg, **Potassium** 327mg.



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SPAGHETTI SQUASH LASAGNA WITH BROCCOLINI

ACTIVE: 30 MIN TOTAL: 40 MIN

- | | |
|--|--|
| 1 2½- to 3-pound spaghetti squash,
halved lengthwise and seeded | 2 tablespoons water |
| 1 tablespoon extra-virgin olive oil | 1 cup shredded part-skim
mozzarella cheese, divided |
| 1 bunch broccolini, chopped | ¼ cup shredded Parmesan cheese, divided |
| 4 cloves garlic, minced | ¾ teaspoon Italian seasoning |
| ¼ teaspoon crushed red pepper
(optional) | ½ teaspoon salt |
| | ¼ teaspoon ground pepper |

1. Position racks in upper and lower thirds of oven; preheat to 450°F.
2. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes.
3. Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.
4. Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan.
5. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

SERVES 4: ½ STUFFED SQUASH HALF EACH

Calories 194, **Fat** 11g (sat 5g), **Cholesterol** 20mg, **Carbs** 13g, **Total sugars** 4g (added 0g), **Protein** 12g, **Fiber** 2g, **Sodium** 587mg, **Potassium** 334mg.

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GARLIC SHRIMP WITH CILANTRO SPAGHETTI SQUASH

ACTIVE: 25 MIN TOTAL: 25 MIN

This speedy, spicy spin on shrimp scampi is served on top of buttery, cilantro-flecked shreds of spaghetti squash. Pair with a side of sautéed greens, such as kale, collards or spinach.

- | | |
|--|--|
| 1 2½- to 3-pound spaghetti squash,
halved lengthwise and seeded | 1 pound peeled and deveined raw
shrimp (16-20 per pound),
tails left on if desired |
| 2 tablespoons extra-virgin olive oil | 1 tablespoon lemon juice |
| 1 tablespoon minced garlic | ¼ cup chopped fresh cilantro |
| 1 teaspoon ground coriander | 2 tablespoons unsalted butter, melted |
| 1 teaspoon ground cumin | ¼ teaspoon ground pepper |
| ½ teaspoon salt, divided | Lemon wedges for serving |
| ¼ teaspoon cayenne pepper | |
| ⅓ cup dry white wine, such as pinot grigio | |

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic, coriander, cumin, ¼ teaspoon salt and cayenne; cook, stirring, for 30 seconds. Add wine and bring to a simmer. Add shrimp and cook, stirring, until the shrimp are pink and just cooked through, 3 to 4 minutes. Remove from heat and stir in lemon juice.
3. Use a fork to scrape the squash from the shells into a medium bowl. Add cilantro, butter, pepper and the remaining ¼ teaspoon salt; stir to combine. Serve the shrimp over the spaghetti squash with a lemon wedge on the side.

SERVES 4: ⅓ CUP SHRIMP & ¾ CUP SQUASH EACH

Calories 266, Fat 14g (sat 5g), Cholesterol 198mg, Carbs 10g, Total sugars 3g (added 0g), Protein 24g, Fiber 2g, Sodium 450mg, Potassium 473mg.



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From “Aargh!” ...to “Ahhh”

Does the holiday madness leave you frazzled? Not only can stress turn you into the Grinch, it can make you gain weight. Here's how to beat stress... and maybe the bulge as well.

By Holly Pevzner

It turns out that a stressful event can slow down our metabolism—so much so that we could gain an extra 11 pounds over the course of a year, says a new study in *Biological Psychiatry*.

“We found that women who were stressed burned 104 fewer calories the next day than women who weren’t stressed,” says study co-author Martha A. Belury, Ph.D., R.D., nutrition professor at Ohio State University. Belury wasn’t even measuring huge life-changing stresses, but just everyday anxieties like caring for aging parents and kids. “The stressed women had a slower metabolism, higher levels of insulin, which contributes to fat storage, and higher levels of the stress hormone cortisol after a meal,” says Belury. (Women with a history of depression had even higher levels of cortisol post-meal than women without a similar history.) Cortisol increases our chances of gaining fat, in particular vis-

Cortisol increases our chances of gaining fat, in particular... the dangerous kind that sits in our midsection and surrounds our organs.

ceral fat, the dangerous kind that sits in our midsection and surrounds our organs. Visceral fat has a hand in raising cholesterol and insulin resistance, setting the stage for type 2 diabetes and heart disease.

While all of the women in the study ate the same meals, calorie-for-calorie, real life doesn’t work that way. In real life, many of us tend to pick junk food—and too much of it—when we’re stressed. “We turn to high-fat, high-sugar, high-calorie foods in times of stress because they’re delicious and they literally give us a temporary high by boosting endorphin and dopamine levels in the brain,” says Elizabeth Somer, R.D., author of *Eat Your Way to Happiness*.

And while we may feel better in the short-term after that hot-fudge brownie sundae, the better stress-busting choices are healthy foods. “Some of our nutrient needs increase when we’re stressed. If we get these nutrients instead of fat and sugar, we can calm the stress response and help stop the damage that stress causes,” says Somer. For instance, stress accelerates cellular aging that’s associated with heart disease, cancer and Alzheimer’s. However, a healthy diet puts the brakes on this process, according to brand-new research. So the big question remains: What should we eat to conquer cravings and beat stress? Read on.

7 Foods to Soothe Stress



Nuts. Stress depletes our B vitamin stores and snacking on nuts helps replenish them. “B vitamins keep our neurotransmitters in their happy place and help us handle the fight-or-flight stress response,” says Ellen Albertson, Ph.D., R.D., a psychologist in Burlington, Vermont, and founder of *smashyourscale.com*. The potassium in nuts is also key: Penn State researchers found that a couple servings of potassium-packed pistachios a day can lower blood pressure and reduce the strain stress puts on our heart.



Red Peppers. While oranges get all of the vitamin C hype, red peppers have about twice as much (95 vs. 50 mg per ½-cup serving). In a study in *Psychopharmacology*, people who took high doses of C before engaging in stress-inducing activities (oral presentation followed by solving math problems aloud) had lower blood pressure and recovered faster from the cortisol surge than those who got a placebo. “Diets loaded with vitamin-C-rich foods lower cortisol and help people cope,” says Elizabeth Somer, R.D.



Salmon. “To keep your wits about you when life gets hairy, you need omega-3s, especially DHA,” says Somer. In a study in *Brain, Behavior and Immunity*, people who took a daily omega-3 supplement (containing DHA and EPA) for 12 weeks reduced their anxiety by 20 percent compared to the placebo group. You won’t get the same mood boost from the omega-3s (ALA) in flax, walnuts and soy, though, so shoot for about 2 servings a week of wild salmon or other oily fish and/or talk to your doctor about DHA supplements.



Spinach. This leafy-green veggie is rich in stress-busting magnesium. People with low magnesium levels (most of us, actually) are more likely to have elevated C-reactive protein levels—and research shows people with high CRP levels are more stressed and at a greater risk for depression. “Magnesium helps regulate cortisol and blood pressure too,” says Somer. And since magnesium gets flushed out of the body when you’re stressed, it’s crucial to get enough. Other solid magnesium sources: beans, brown rice.



Oatmeal. “Oatmeal is warm and comforting—and it also helps your brain generate the destressing neurotransmitter serotonin,” says Albertson. Research in the *Archives of Internal Medicine* shows carb-eaters felt calmer than those who shunned carbs. The carb-avoiders reported feeling more stressed. Any carb won’t do, however. Refined carbs (white bread and pasta) digest faster and spike blood sugar, messing with moods and stress. Complex carbs like oatmeal are digested more slowly and don’t spike blood sugar.



Dark Chocolate. If you crave chocolate when you’re on edge, have some. Research in the *Journal of Proteome Research* showed people who ate the equivalent of an average-size candy bar (about 1.4 ounces) daily for two weeks had lower cortisol and fight-or-flight hormone levels. To reap the feel-better rewards, choose chocolate that’s at least 70 percent cocoa. And remember: dark chocolate is a high-calorie food, so mind your portions.



Tea. A study from University College London discovered that tea drinkers destressed faster and had lower cortisol levels than those who drank a placebo. Although (caffeinated) black tea was used in the study, caffeine revs the stress response in many people, so stick to decaf and herbal teas. “Drinking herbal teas like chamomile, peppermint or ginger can be wonderfully soothing to the digestive tract, which can help with stress by calming the nervous system in your gut,” says Kathie Swift, M.S., R.D.N., author of *The Swift Diet*.

Take Action to Chill Out

Food aside, certain activities can curb your stress more than others. And the activities that work for you depend on your typical stress response. Do you withdraw, lash out or become anxious and agitated? Go with the flow below to find the right relief for you.

BY HOLLY PEVZNER • ILLUSTRATIONS BY TREMENDOUSNESS

ARE YOU QUICK TO SNAP AT PEOPLE?

Your response to stress is to
LASH OUT!



"Oftentimes, people react to stress with anger," says Ellen Albertson, Ph.D., R.D. "You may find yourself snapping at your kids or your spouse." If you respond in this manner, solitary activities are your best bet to recalibrate.

CAN YOU NOT STOP WORRYING?

Your response to stress is to become
OVERANXIOUS



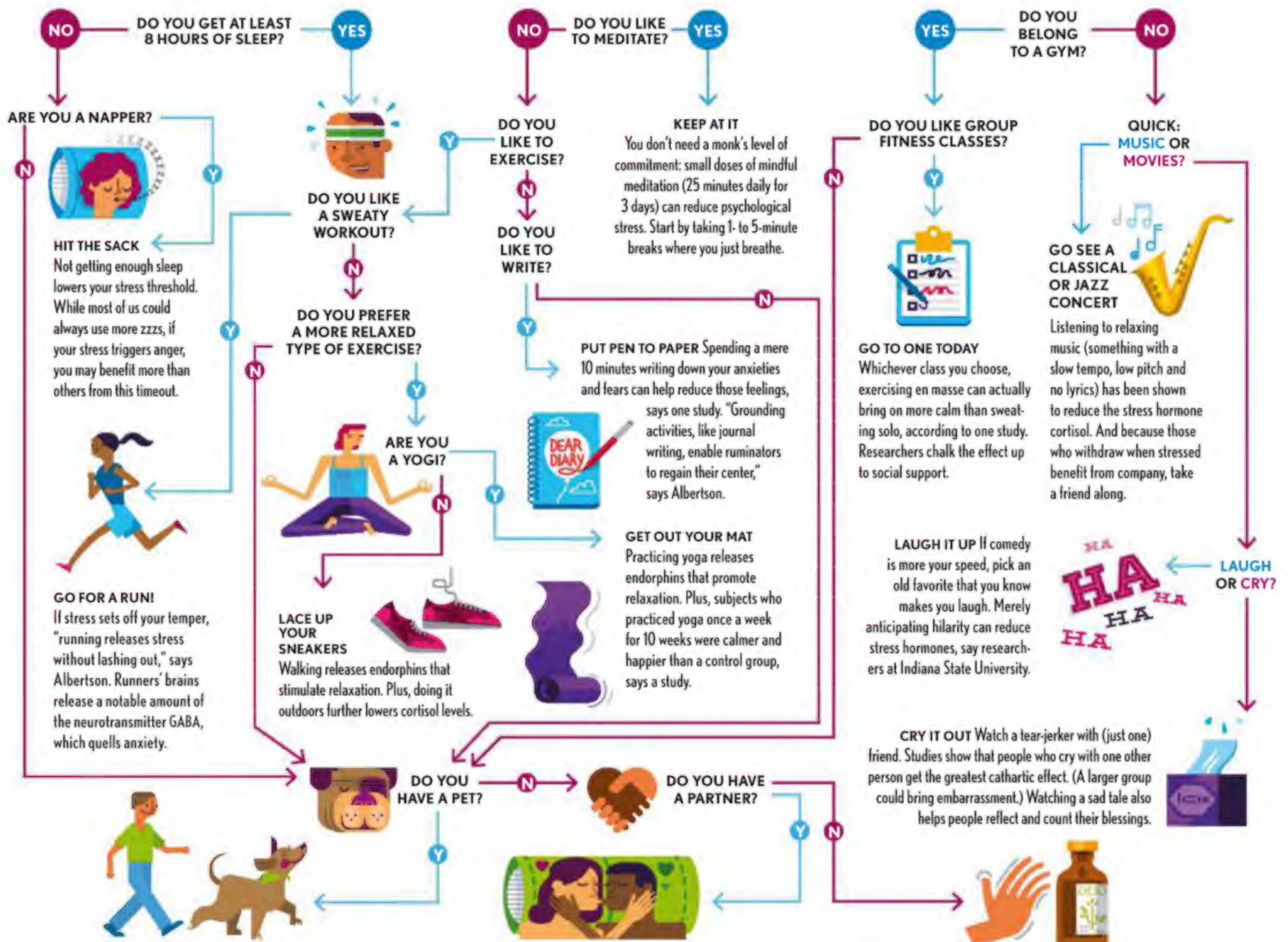
Those who react to stress with a belly full of knots often respond well to grounding activities that help them focus on the present moment rather than fast-forwarding to more things to be anxious about.

DO YOU PREFER TO BE ALONE?

Your response to stress is to **WITHDRAW**



"When your natural reaction to stress is to hibernate, you want to do the opposite to relieve it," says Albertson. "Social isolation causes you to constantly think about what's stressing you out, worsening your stress."



SPEND TIME WITH YOUR FURRY FRIEND A pet is a one-size-fits-most stress-reliever: just 30 minutes of furry-friend bonding has been shown to decrease cortisol levels. "[It] generates the hormone oxytocin, which soothes lash-out and anxious types," says Albertson. "Plus, pets allow withdrawal types to get out of their shell."

GET FRISKY "Many people get stress relief from kissing, hugging and sex," says Albertson. "[It] generates oxytocin, a hormone that reduces stress and anxiety." Sex can also lower blood pressure—and research shows frequent intercourse can lead to cell growth in the hippocampus, the area of the brain that keeps stress under control.

TRY YOUR HAND AT MASSAGE "It is a fantastic stress buster because it allows the feel-good hormone oxytocin to flow," says Albertson. In one study people who got a Swedish massage at least once a week lowered their cortisol levels. The benefits were cumulative, meaning doing it often is better than once in a while. (P.S.: Self-massage works too.)



A Plan to Impress

Take it easy with this delicious make-ahead menu so you can enjoy your guests and not sweat it out in the kitchen

1 EMBRACE YOUR INNER ENTERTAINER It's not every day that we have guests over for a special multi-course holiday meal. Add to the chaos a house full of people and the average holiday gathering can push even the most seasoned host to have a tiny breakdown in the pantry. A little planning goes a long way to ease the stress—and we can help.

2 BE THE MASTER OF YOUR MENU The key is to select dishes that taste even better when you make them in advance. Our German-inspired menu does just that. Subtly spiced sauerbraten gets more flavorful as it marinates and the flavors of beet-horseradish relish mingle as the days go by.



3 GET READY TO ENJOY
It's time to organize your workload into simple tasks spread out over the week (see our *planning checklist on the next page*). By the time the big day comes, you'll just have to reheat a few things while you enjoy your company. Now that's a holiday we can all aspire to.

By Ivy Manning
Photography by Helen Norman

MENU PLAN

Celeriac & Apple Soup
with Blue Cheese Toasts

Chard & Herbed
Ricotta Galette

Sauerbraten

Roasted Beet
& Horseradish Relish

Spaetzle

Baked Pears with
Marsala-Honey Syrup

1 WEEK AHEAD

- Prepare Roasted Beet Relish.

5 DAYS AHEAD

- Prepare Sauerbraten through Step 2.

3 DAYS AHEAD

- Prepare Celeriac & Apple Soup through Step 3.
- Prepare dough for Galette.
- Prepare Spaetzle through Step 4.

2 DAYS AHEAD

- Continue with Sauerbraten, Steps 3 through 7.
- Prepare Baked Pears.

1 DAY AHEAD

- Assemble and bake Galette.

1 HOUR BEFORE GUESTS ARRIVE

- Slice baguette for cheese toasts to go with the soup.
- Remove roast, relish, spaetzle and pears from refrigerator.

1 HOUR BEFORE SERVING

- Preheat oven to 350°F.
- Finish Sauerbraten, Steps 8 & 9.

40 MINUTES BEFORE SERVING

- Reheat galette.

15 MINUTES BEFORE SERVING

- Reheat soup and prepare cheese toasts.
- Finish Spaetzle (Step 4).

ALMOST READY FOR DESSERT?

- Reheat pears.

Not enough matching dishes? Don't let it stress you out. Mix-and-match lends casual charm to your table.



CELERIAC & APPLE SOUP WITH BLUE CHEESE TOASTS

ACTIVE: 1 HR TOTAL: 1½ HRS

TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 3 days. Reheat over medium-low and prepare cheese toasts about 15 minutes before serving.

Roasting the celery root and apples intensifies their flavor. The blue cheese toasts on top add a little something special, but you could forgo them for chopped toasted pecans.

- 2 pounds celeriac (celery root)
- 2 medium Granny Smith apples, peeled and cored
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1 medium onion, chopped
- 1 large carrot, chopped
- 2 teaspoons chopped fresh thyme
- 2 teaspoons finely chopped garlic
- 1 medium russet potato (about 8 ounces), peeled and chopped
- 4 cups low-sodium vegetable broth
- 2 cups water
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground pepper

TOASTS

- 8 slices baguette (¼-inch), preferably whole-wheat
- 1 clove garlic, peeled and halved
- 8 teaspoons crumbled Gorgonzola or other mild blue cheese

1. Position rack in center of oven; preheat to 450°F.
2. Cut one end off celeriac to create a flat surface to keep it steady, then cut off the skin, following the contour of the root. (Or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed.) Cut into ½-inch pieces. Cut apples into 1-inch wedges. Toss the celeriac and apples in a large bowl with 2

tablespoons oil and ¼ teaspoon salt until well coated. Spread out on a baking sheet. Roast, stirring once or twice, until lightly browned and tender, 35 to 40 minutes.

3. Meanwhile, heat the remaining 1 tablespoon oil in a soup pot over medium heat. Add onion, carrot and thyme; cook, stirring, until the vegetables are softened but have not colored, about 5 minutes. Add chopped garlic and cook, stirring, for 30 seconds. Add potato, broth, water, nutmeg, pepper and the remaining ¾ teaspoon salt. Bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook until the vegetables smash easily when pressed against the side of the pot, 35 to 40 minutes. Add the celeriac mixture to the pot. Blend the soup with an immersion blender until smooth. (Or transfer the soup to a blender and puree until smooth. Use caution when pureeing hot liquids.)

4. To prepare toasts: About 15 minutes before you're ready to serve, preheat oven to 400°.

5. Place baguette slices on a baking sheet and bake until toasted, 6 to 8 minutes. Rub them with the garlic, then top with cheese. Return to the oven and bake until the cheese is melted, 5 to 7 minutes.

6. Serve the soup topped with a cheese toast.

SERVES 8: ABOUT 1 CUP SOUP & 1 CHEESE TOAST EACH

Calories 179, **Fat** 7g (sat 1g), **Cholesterol** 2mg, **Carbs** 27g, **Total sugars** 7g (added 0g), **Protein** 4g, **Fiber** 4g, **Sodium** 550mg, **Potassium** 475mg.

A Plan to Impress



This galette is a culinary display of affection. Chard, ricotta and goat cheese could come together in any simple dish. But here, folded into supple dough, they become a tart that's clearly special-occasion-ready.

CHARD & HERBED RICOTTA GALETTE

ACTIVE: 1½ HRS **TOTAL:** 2 HRS 10 MIN

TO MAKE AHEAD: Prepare dough (Step 1) and refrigerate for up to 3 days. Assemble and bake the galette (through Step 9), cool, cover and refrigerate for up to 1 day. Reheat on a baking sheet at 350°F for about 40 minutes. **EQUIPMENT:** Parchment paper

The free-form nature of this galette is perfect for those who are intimidated by working with dough. You don't need to worry about getting the circle perfectly round, as you're going to be folding it over the edges of the filling anyway. Filled with caramelized onions, chard, plenty of fresh herbs and topped with rich goat cheese, the galette doubles as a respectable vegetarian entree and a side dish for omnivores.

DOUGH

- 1 cup white whole-wheat flour, plus more for rolling
- ½ cup fine yellow cornmeal
- ¼ teaspoon salt
- 6 tablespoons cold unsalted butter, cut into 8 pieces
- ¼ cup ice water

FILLING

- 2 tablespoons extra-virgin olive oil
- 2 large onions, sliced
- ½ teaspoon salt, divided
- 2 tablespoons water
- 1 large bunch chard
- 1 tablespoon white balsamic vinegar or white-wine vinegar
- 1 tablespoon finely chopped garlic
- 2 large eggs, divided
- 1 cup part-skim ricotta cheese
- ½ cup chopped soft sun-dried tomatoes
- 1 tablespoon chopped fresh thyme, divided
- 1 tablespoon chopped fresh oregano, divided
- ¼ teaspoon freshly ground pepper
- ½ cup crumbled goat cheese

1. To prepare dough: Pulse flour, cornmeal and salt in a food processor. Add butter and process until it's in very small pieces. Slowly add ice water and process until the dough just starts to clump together. (Alternatively,

whisk flour, cornmeal and salt in a mixing bowl and cut in butter with a pastry blender. Stir in water.) Pat the dough into a 4-inch disk, wrap in plastic and refrigerate for at least 30 minutes and up to 3 days.

2. To prepare filling: Heat oil in a large skillet over medium-high heat. Add onions and ¼ teaspoon salt; cook, stirring frequently, until the onions are lightly browned, 8 to 10 minutes. Reduce heat to medium-low, add 2 tablespoons water and cook, stirring frequently, until the onions are caramel-colored, 20 to 25 minutes more.

3. Meanwhile, cut leaves off the chard stems and chop the leaves (save stems for another use or discard).

4. Increase heat to medium, add vinegar to the onions and cook, stirring, for 30 seconds. Add garlic and cook, stirring, for 1 minute. Add the chard leaves and cook, stirring occasionally, until tender, 3 to 5 minutes. Transfer to a large bowl. Let stand until cooled to room temperature, about 20 minutes.

5. Preheat oven to 375°F.

6. Unwrap the dough and let stand at room temperature for about 10 minutes.

7. Drain any accumulated liquid from the chard mixture, then stir in 1 egg, ricotta, sun-dried tomatoes, 2 teaspoons each thyme and oregano, pepper and the remaining ¼ teaspoon salt until well combined.

8. Lightly dust a sheet of parchment paper and the dough with flour. Roll the dough out on the parchment into about a 14-inch circle. (It's OK if it's not perfectly round.) Transfer the dough on the parchment to a large baking sheet. Spread the chard-ricotta mixture in the center of the dough, leaving a 2-inch border around the edges. Sprinkle with goat cheese and the remaining 1 teaspoon each thyme and oregano. Fold the edges of the dough up and over the outer edges of the filling, pleating where necessary. Lightly beat the remaining egg and brush the crust with some of it.

9. Bake the galette until the filling is hot and the crust is golden, 35 to 40 minutes.

SERVES 8

Calories 297, **Fat** 18g (sat 9g), **Cholesterol** 82mg, **Carbs** 26g, **Total sugars** 3g (added 0g), **Protein** 11g, **Fiber** 4g, **Sodium** 383mg, **Potassium** 403mg.

SAUERBRATEN PHOTO ON PAGE 56

ACTIVE: 1½ HOURS **TOTAL:** 5 DAYS

TO MAKE AHEAD: Prepare through Step 2 five days ahead; prepare Steps 3-7 two days ahead. Finish with Steps 8-9 about one hour before serving.

Literally pickled roast beef, this classic German dish is the ultimate make-ahead entree. First you brine it, then you braise it, then it marinates for a day before you serve it. There's plenty of sauce to sop up with the spaetzle (page 60) or serve with mashed potatoes, which you can also make ahead and reheat.

MARINADE

- 2 cups dry red wine, such as pinot noir
- 1 cup red-wine vinegar
- 2 cups water
- 1 medium onion, finely chopped
- 2 tablespoons pickling spice
- 2 teaspoons whole black peppercorns
- 4 sprigs fresh thyme

ROAST

- 1 4-pound boneless beef roast, such as rump roast or chuck roast, trimmed
- 1 teaspoon ground ginger
- ½ teaspoon ground allspice
- 1 teaspoon salt
- ¾ teaspoon ground pepper
- 1½ tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 parsnips, peeled and chopped
- 2 stalks celery, chopped
- 1 cup low-sodium beef broth
- ⅓ cup ground gingersnap cookies
- Fresh thyme sprigs for garnish

1. Five days before serving: Combine wine, vinegar, water, onion, pickling spice, peppercorns and thyme in a 5- to 6-quart nonreactive, ovenproof pot (see *Tip*, page 105); bring to a boil. Reduce heat to low and simmer for 10 minutes. Remove from heat; let stand for 30 minutes. Transfer to the refrigerator until room temperature, about 30 minutes more.

2. Place roast in the cooled marinade. Cover and refrigerate for 3 days, turning the meat over once a day.

3. Two days before serving: Remove the roast from the marinade and thoroughly pat dry with paper towels. Strain and reserve the

A Plan to Impress

marinade (discard the solids). Whisk ginger and allspice into the marinade and set aside. Wash and dry the pot.

4. Preheat oven to 325°F.

5. Season the roast with salt and pepper. Add oil to the pot and heat over medium-high.

Add the roast and brown on all sides, reducing the heat if the pot starts to get too dark, about 10 minutes. Transfer the roast to a plate.

6. Reduce heat to medium; add onion, parsnips and celery to the pot and cook, stirring, until they start to brown, 4 to 6 minutes.

Push the vegetables to the sides and place the roast in the center. Pour in broth and the reserved marinade; bring to a simmer. Cover the pot with a tight-fitting lid.

7. Transfer the pot to the oven and bake for 30 minutes. Check the liquid: it should be simmering, but not vigorously boiling; if it's boiling, reduce the oven temperature to 300°. Continue to bake, turning the roast over once halfway through, until a fork twists easily when inserted into the top of the meat, 2 to 2½ hours more. Uncover and let cool at room temperature for about 1 hour. Transfer to the refrigerator and chill until cold before covering again. Refrigerate for 1 day.

8. One hour before serving: Preheat oven to 350°.

9. Thinly slice the roast. Pour the liquid and vegetables into a blender. Blend until smooth, in batches if necessary. Pour the sauce back into the pot and stir in gingersnaps until the crumbs dissolve. Nestle the sliced roast into the sauce; bring to a simmer over medium heat. Cover, transfer to the oven and bake until hot, about 40 minutes. Arrange the meat on a platter and spoon the sauce over it. Garnish with thyme.

SERVES 8: 4 OZ. MEAT & ½ CUP SAUCE EACH
Calories 450, **Fat** 14g (sat 4g), **Cholesterol** 129mg, **Carbs** 16g, **Total sugars** 5g (added 2g), **Protein** 49g, **Fiber** 2g, **Sodium** 457mg, **Potassium** 707mg.

ROASTED BEET & HORSERADISH RELISH

PHOTO ON PAGE 56

ACTIVE: 15 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 1 week. Bring to room temperature before serving.

This easy-to-make relish is also a great sandwich topper.

- 4 medium beets, scrubbed
- 2 ounces fresh horseradish root, peeled, or ⅓ cup prepared horseradish
- ¾ teaspoon salt

1. Preheat oven to 375°F. Wrap beets in foil. Roast until a paring knife inserted into the center comes out easily, 1 to 1½ hours. Unwrap the beets; when cool enough to handle but still warm, slip the skins off with your fingers.

2. Shred the beets through the large holes on a box grater. Shred fresh horseradish (if using) through the fine holes on the grater. Combine the beets, horseradish and salt in a medium bowl. Serve at room temperature.

SERVES 8: ABOUT ¼ CUP EACH

Calories 24, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 5g, **Total sugars** 4g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 295mg, **Potassium** 174mg

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SPAETZLE

PHOTO ON PAGE 57

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Prepare through Step 4 and store airtight in the refrigerator for up to 3 days. Finish with Step 5 just before serving.

EQUIPMENT: Squeeze bottle or pastry bag with a ¼-inch hole in the tip or colander with ⅛-inch holes (See how it's done on page 105.)

Whole-grain mustard adds zesty flavor to these German-style egg noodles, whose name means little dumpling.

- 4 large eggs
- ¾ cup plus 2 tablespoons low-fat milk
- 1½ tablespoons whole-grain mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups all-purpose flour
- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided

1. Whisk eggs, milk, mustard, salt and pepper in a medium bowl. Add flour and stir with a wooden spoon until smooth; it will be thick.

2. Bring a large saucepan of water to a bare simmer. Fill a large bowl with ice water and set it near the stove. Pour the batter into a squeeze bottle with a ¼-inch hole in the tip or into a pastry bag fitted with a ¼-inch tip. (You can also use a colander with ⅛- to ¼-inch holes or a spaetzle maker.)

3. If using a squeeze bottle or pastry bag, hold it directly over the surface of the simmering water and squeeze about one-fourth of the batter in short, ½-inch-long "squirts" into the water. If using a colander or spaetzle maker, pour about one-fourth of the batter into it and press through the holes with a rubber spatula.

4. Stir to release the spaetzle from the bottom of the pan and cook until they float to the

surface, 1 to 2 minutes. Using a slotted spoon, transfer them to the ice water to stop them from overcooking. Repeat with the remaining batter in three more batches. Once all the spaetzle has been cooked, drain well, transfer to a bowl and toss with 1 teaspoon oil.

5. When ready to serve, heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the spaetzle and cook, stirring gently, until lightly browned, about 12 minutes.

SERVES 8: ABOUT ½ CUP EACH

Calories 203, **Fat** 7g (sat 2g), **Cholesterol** 94mg, **Carbs** 25g, **Total sugars** 2g (added 0g), **Protein** 7g, **Fiber** 1g, **Sodium** 249mg, **Potassium** 109mg.

BAKED PEARS WITH MARSALA-HONEY SYRUP

PHOTO ON PAGE 3

ACTIVE: 15 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Cover and refrigerate cooled pears (in syrup) for up to 2 days. To reheat, bake at 350°F for about 15 minutes.

Marsala mingles with honey, orange, cinnamon and vanilla to create a lovely sauce for baked pears. Serve warm with a scoop of vanilla ice cream if you'd like.

- ¾ cup Marsala wine
- ¾ cup warm water
- ½ cup honey
- 3 strips orange zest (3-inch)
- 1 cinnamon stick
- 1 vanilla bean
- 4 firm ripe Bosc or Anjou pears, halved lengthwise and cored

1. Preheat oven to 375°F.

2. Whisk wine, water and honey in a 9-by-13-inch baking dish. Add orange zest and cinnamon stick. Split vanilla bean, scrape out the sticky black seeds with the tip of a small, sharp knife and add them and the pod to the baking dish. Place the pears cut-side down in the baking dish.

3. Bake, basting every 15 minutes or so with the wine mixture, until the pears are very tender, 1 to 1¼ hours. Serve the pears warm, drizzled with the sauce.

SERVES 8: ½ PEAR & 1½ TBSP. SAUCE EACH

Calories 150, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 34g, **Total sugars** 28g (added 17g), **Protein** 0g, **Fiber** 3g, **Sodium** 4mg, **Potassium** 136mg.

IVY MANNING's most recent cookbook is *Better From Scratch: Delicious D.I.Y. Foods You Can Make at Home* (Weldon Owen, 2014).



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A Sparkling MI

This holiday season let your party guests practice some merry mixology. Inside-the-Beltway cocktail guru **Sebastian Zutant**, of The Red Hen, supplies inspiration for all the mixers, syrups and garnishes you need for a do-it-yourself sparkling-wine cocktail station.

—Kate Parham Kordsmeier

PHOTOGRAPHY BY CARIN KRASNER

JACK & SALLY

Combine:

½ oz. Simple Syrup

½ oz. Aperol

½ oz. lemon juice

Top with:

4 oz. chilled sparkling wine

Garnish with:

Orange twist

CALORIES: 149

SNOW BANKS

Combine:

½ oz. Simple Syrup

½ oz. lemon juice

Top with:

4 oz. chilled sparkling wine

Garnish with:

Lemon twist

CALORIES: 126

BILLY MACK

Combine:

1 oz. Cinnamon-Honey-

Green Tea Syrup

1½ oz. Aperol

Top with:

4 oz. chilled sparkling wine

Garnish with:

Clementine slices
(Add ice if desired.)

CALORIES: 178

THE GHOST OF CHRISTMAS

Combine:

1 oz. Cinnamon-Honey-

Green Tea Syrup

1½ oz. vodka

1 oz. lemon juice

Top with:

3 oz. chilled sparkling wine

Garnish with:

Cranberries
(Add ice if desired.)

CALORIES: 236

For nutrition analyses, go to eatingwell.com



STYLING & ART: GISELE HAMMOND, KIM MUNG (PADES), LEATHER BAR TRAY, TABLE ART, LOS ANGELES; MARY HILL HAMMERED

XER



THE SET-UP

WINE:

Chilled sparkling wine such as prosecco, Champagne or cava (1 bottle makes about 6 cocktails)

MIXERS:

- Simple Syrup
- Cinnamon-Honey-Green Tea Syrup
- Aperol
- Vodka
- Fresh-squeezed lemon juice

GARNISHES:

- Lemon & orange twists
- Clementine slices
- Fresh cranberries

SYRUPS:

SIMPLE SYRUP

Mix 1 cup each sugar and water in a medium saucepan; bring to a boil, stirring frequently to dissolve the sugar. Let cool. Cover and refrigerate for up to 6 months.

MAKES: ABOUT 1½ CUPS

CINNAMON-HONEY-GREEN TEA SYRUP

Steep 6 green tea bags in ¾ cup boiling water for 5 minutes. Remove the tea bags. Stir in ¾ cup honey. Let cool. Cover and refrigerate for up to 1 week. Stir in 1 Tbsp. ground cinnamon just before using.

MAKES: ABOUT 1½ CUPS

OTHER ESSENTIALS:

- Ice bucket
- Assorted barware (Champagne flutes, wineglasses, Collins glasses)
- Jigger
- Swizzle sticks
- Cocktail napkins

Farm to Family Thanksgiving



For a Thanksgiving menu that's loaded with the best local seasonal produce, no one does it better than New York caterer **Mary Cleaver**

At Thanksgiving in Mary Cleaver's Brooklyn brownstone, *everyone* is in the kitchen. As Bob Dylan whines in the background, Cleaver, an energetic 60-year-old with a wispy bob, bastes two birds toward mahogany perfection. One daughter tosses sweet potato chunks in a sticky mix of maple syrup and brown sugar, and another's British ex-boyfriend, still a close friend of the family, passes out glasses of Champagne. All told, nearly two dozen people are squeezed in, a noisy but harmonious orchestra of cooks. "I love that everyone is here, doing their part," Cleaver says.

Warmth and great food—without a hint of pretension—is trademark Cleaver. Over the last 35 years, this hippie-turned-very-conscious-capitalist has built one of New York's most respected catering companies. She's served the Dalai Lama, Prince Charles, Al Gore and Alice Waters, the woman to whom she is often, and rightly, compared. "Mary has brought a level of care and consciousness to the catering world that few have taken on," says Peter Hoffman, the chef-owner of New York restaurant Back Forty and a leader of the city's farm-to-table movement.

When Cleaver started catering dinner parties for artists and curators, out of the kitchen of her fifth-floor walk-up, she sourced her food locally. Not because it was trendy—it wasn't back then—but because, she says, "I'm just old enough to have grown up with real food." She started shopping at the city Greenmarket soon after it first opened at Union Square in 1976.

Today, all the farmers at the Greenmarket know who she is. She's helped more than a few of them grow and thrive. After 9/11, Cleaver received a grant through City

By Jane Black

PHOTOGRAPHY BY
Brad Ziegler

FOOD PHOTOGRAPHY
Laurie Proffitt

ERICA ALLEN





In 2012, Mary Cleaver (*shown here last summer*) took her commitment to preserving family farms to the next level by starting her own. She and her husband, Ashley Hollister, bought nearly 200 acres in upstate New York, where they already are raising chickens and turkeys on pasture. (Many of these will go to Cleaver's staff as part of a longtime Cleaver Co. tradition of giving employees a Thanksgiving turkey.) In the fields, they're rotating buckwheat, rye, soybeans and field peas. A large garden is brimming with turnips, kale and winter squash. It's not yet a real farm, says Cleaver, but it's becoming one.

Harvest, a nonprofit charitable group, to put toward her work feeding recovery workers at Ground Zero; she wanted the money to go to new, small farmers. Michael Yezzi of Flying Pigs Farm remembers that Cleaver bought a rack of ribs at the first farmers' market he ever sold at, in that summer of 2001. The next week, she called him and asked if he had enough ribs to serve 600. Yezzi had only raised 14 pigs that year. Rather than giving up, Cleaver asked him what else he had and then bought it all. Yezzi now raises 1,000 pigs a year.

Cleaver's commitment to her vendors is at the foundation of her business and extends right into her own kitchen. For this Thanksgiving meal she does her usual scouting, which means visiting at least three farmers' markets to find the must-haves: cider; pumpkins; onions from the W. Rogowski Farm in Orange County, an area known for them. And she buys other ingredients that catch her eye, like lush bunches of lacinato kale and watermelon radishes.

At 4 p.m. on the Friday after Thanksgiving, friends and family gather at Cleaver's Brooklyn home. (At Cleaver Co., Thanksgiving is a workday.) That's part of what makes the gathering so much fun: guests have dispatched obligations they had the day before at their official holiday meal, so everyone who is here really wants to be. And despite some having indulged a day earlier, the guests clearly have saved room for Cleaver's kale, apple and watermelon-radish salad, turkey with all the fixings and, of course, pie.



Keep the Appetizers Simple

With so many dishes to cook, it doesn't make sense to focus too much effort here or fill everyone up too soon. Easy crudité's are nice (and light). Cleaver paired hers with a tasty curried squash dip.





Call in the Troops

Cleaver welcomes participation from family and friends. Teenagers rally to clean and chop onions and cut Brussels sprouts off stalks. Carefully slicing vegetables and apples offers an opportunity for visiting cousins to learn knife skills and the satisfaction of cooking for others.



“I love that everyone is here, doing their part.”

CURRIED BUTTERNUT SQUASH DIP

ACTIVE: 45 MIN **TOTAL:** 4 HRS (INCLUDING 2 HRS CHILLING TIME)

TO MAKE AHEAD: Cover and refrigerate for up to 3 days; thin with coconut milk or water as needed.

Countless varieties of winter squash are found at greenmarkets in the fall, so they often make an appearance at Thanksgiving. Here Cleaver adds a twist by using roasted butternut squash as a sweet base for this curry-infused dip. Serve with crisp raw vegetables or toasted pitas for dipping.

- | | |
|--|--------------------------------------|
| 1 2-pound butternut squash | 1 cup pepitas, toasted, |
| 1 teaspoon extra-virgin olive oil | plus more for garnish |
| 1 teaspoon curry powder | Zest of 1 lime |
| 1 teaspoon ground cumin | ¼ cup lime juice |
| 1¼ cups “lite” coconut milk | 1½ teaspoons salt |
| 1 tablespoon finely chopped fresh ginger | 3 tablespoons chopped fresh cilantro |

1. Preheat oven to 375°F.

2. Cut squash in half and remove seeds. Brush with oil and place cut-side down in a baking pan. Roast until tender, about 45 minutes. Let stand until cool enough to handle, then scoop the squash out of the skin.

3. Meanwhile, place curry powder and cumin in a small saucepan over medium-low heat; stir until fragrant, 2 to 4 minutes. Add coconut milk and ginger; bring to a boil over high heat. Adjust heat to maintain a simmer and simmer, stirring frequently, until reduced to about ¾ cup, 13 to 15 minutes.

4. Process pepitas in a food processor until finely ground. Add the squash, the coconut milk mixture, lime zest, lime juice and salt; process, scraping down the sides once or twice, until smooth. Refrigerate until cold, about 2 hours. Serve sprinkled with cilantro and pepitas, if desired.

MAKES: 3½ CUPS (¼-CUP SERVING)

Calories 58, **Fat** 3g (sat 1g), **Cholesterol** 0mg, **Carbs** 8g, **Total sugars** 1g (added 0g), **Protein** 2g, **Fiber** 2g, **Sodium** 257mg, **Potassium** 157mg.

CIDER-BRINED TURKEY

ACTIVE: 45 MIN **TOTAL:** 4 HRS (PLUS 1-2 DAYS BRINING TIME)

TO MAKE AHEAD: Brine turkey (Steps 1-2) up to 2 days ahead.

EQUIPMENT: Large container or brining bag for turkey, kitchen string

Heritage breeds, such as the Narragansetts and Bourbon Reds that Cleaver raises, usually live free-range and as a result can be more muscular than a conventional bird. She says brining before roasting ensures greater moisture and brings out the flavor of the meat, making it even more sumptuous. Plan on about 1 pound of turkey per person when buying your bird.

- 5 cups apple cider, divided
- 1 cup kosher salt
- ½ cup sugar
- 4 stalks celery, cut into 2-inch pieces
- 3 medium carrots, cut into 2-inch pieces
- 3 oranges, cut into chunks
- 2 small onions, cut into chunks
- ⅓ cup whole juniper berries, smashed
- 6 sprigs fresh sage
- 6 sprigs fresh thyme
- 4 bay leaves, preferably fresh
- 1 12- to 14-pound turkey, preferably heritage breed and/or organic
- 2 gallons cold water
- 2 cups white wine

1. To brine turkey: Heat 3 cups cider, salt and sugar in a large pot over medium-high heat, stirring, until the salt and sugar dissolve completely. Remove from heat and stir in the remaining 2 cups cider, celery, carrots, oranges, onions, juniper berries, sage, thyme and bay leaves. Let cool for 15 minutes.

2. Remove giblets from turkey (reserve for stock, if desired). Place the turkey in a container large enough to hold it and the brine, such as a clean 5-gallon bucket, similar-size clean cooler or brining bag. Add the cider mixture, water and wine. Place a plate on top of the turkey, if necessary, so it stays below the surface or add enough additional liquid to make sure the turkey is mostly submerged. Cover and refrigerate (or if it's cold enough—under 40°F—you can leave it outdoors) for at least 1 day and up to 2 days.

3. To roast turkey: Preheat oven to 425°F.

4. Remove the turkey from the brine, brush off any briny bits and let stand at room temperature for 30 minutes (discard the brine). Tuck the wing tips under the turkey and tie the legs together with kitchen string. Place the turkey on a roasting rack set in a large roasting pan.



Farm to Family Thanksgiving

5. Roast the turkey until the skin starts to brown, 30 to 40 minutes.

6. Reduce oven temperature to 350°. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 1½ hours more, depending on the size of the turkey. If the skin begins to darken too much, cover it loosely with foil.

7. Carefully transfer the turkey to a large, clean cutting board; let it rest, loosely covered with foil, for 20 minutes before removing the string and carving.

SERVES 12: 3 OZ. (W/O SKIN) EACH, PLUS LEFTOVERS

Calories 148, **Fat** 3g (sat 1g), **Cholesterol** 88mg, **Carbs** 2g, **Total sugars** 2g (added 1g), **Protein** 25g, **Fiber** 0g, **Sodium** 437mg, **Potassium** 218mg.

APPLE BOURBON GRAVY

ACTIVE: 30 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 3 days; reheat before serving.

A great gravy doesn't necessarily need to be made from greasy drippings. This ultra-simple gravy gets its rich, savory flavor from a combination of turkey stock, freshly pressed apple cider and a generous amount of bourbon. Plus, since it's not a pan gravy, it can be made ahead and reheated just before serving. If you have time, it's well worth making homemade turkey stock with the giblets to use instead of store-bought.

- 1 tablespoon sunflower oil
- ¾ cup chopped shallots
- ¾ cup chopped celery
- ¾ cup chopped carrot



WATCH: How to carve a turkey at eatingwell.com/webextra

- ¾ cup bourbon
- 1 sprig fresh thyme
- 4 cups turkey stock or reduced-sodium chicken broth
- 1 cup apple cider
- ¼ cup water
- 3 tablespoons all-purpose flour
- 4 tablespoons unsalted butter, cut into 8 pieces
- ⅛ teaspoon salt
- Ground pepper to taste

1. Heat oil in a large saucepan over medium heat. Add shallots, celery and carrot and cook, stirring, until softened and lightly browned, about 5 minutes. Add bourbon and thyme; increase heat to medium-high and simmer until the bourbon is mostly evaporated, about 3 minutes.

- 2.** Add stock (or broth) and cider and return to a simmer. Cook, stirring occasionally, until reduced by almost half (you should have about 3 cups), 40 to 50 minutes.
- 3.** Meanwhile, whisk water and flour in a small bowl.
- 4.** Strain the gravy and return to the pan. Place over medium heat and whisk in butter until melted. Bring to a boil. Whisk in about two-thirds of the flour mixture; boil, whisking, for 1 minute. Check the consistency; if you prefer a thicker gravy, add the remaining flour mixture and boil for 1 to 3 minutes more. Season with salt and pepper.

MAKES: 3 CUPS (¼-CUP SERVING)

Calories 110, **Fat** 5g (sat 3g), **Cholesterol** 10mg, **Carbs** 7g, **Total sugars** 3g (added 0g), **Protein** 2g, **Fiber** 0g, **Sodium** 222mg, **Potassium** 147mg.

HERBED CORNBREAD STUFFING

ACTIVE: 40 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare through Step 5, cover and refrigerate for up to 1 day. Remove from the refrigerator about 30 minutes before baking.

This stuffing gets its regional character from a sweet and savory combination of shallots and celery balanced with the tangy, aromatic flavor of Northern Spy apples, a favorite of Cleaver's. For perfect texture—a little soft, a little crispy—make sure the cornbread is at least a day old. To save time you can use 12 cups (about 2 pounds) of crumbled day-old store-bought cornbread.

- 8 tablespoons (1 stick) unsalted butter, divided
- 1¼ cups chopped celery
- 1¼ cups chopped shallots
- 2 sweet-tart apples, such as Northern Spy, peeled and chopped
- 2 pounds prepared cornbread (about one 9-by-13-inch panful), such as Buttermilk Cornbread (page 105)
- 3 tablespoons finely chopped fresh sage
- 1½ tablespoons finely chopped fresh thyme
- ½ cup turkey stock or reduced-sodium chicken broth
- 3 tablespoons finely chopped flat-leaf parsley
- 1 teaspoon Old Bay seasoning
- ¼ teaspoon salt
- Ground pepper to taste

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Heat 2 tablespoons butter in a large skillet over medium heat. Add celery, shallots and apples; cook, stirring occasionally, until softened, 8 to 10 minutes.

3. Meanwhile, crumble cornbread into medium pieces in a large bowl.

4. Add sage and thyme to the pan; cook, stirring, for 1 minute more. Scrape the mixture into the bowl and toss to combine with the cornbread.

5. Melt the remaining 6 tablespoons butter. Add to the stuffing mixture along with stock (or broth), parsley, Old Bay, salt and pepper. Scrape into the prepared baking dish and cover with foil.

6. Bake the stuffing for 30 minutes. Remove foil and continue baking until lightly browned, 20 to 25 minutes more.

SERVES 12: ABOUT ¾ CUP EACH

Calories 284, **Fat** 16g (sat 7g), **Cholesterol** 60mg, **Carbs** 32g, **Total sugars** 9g (added 3g), **Protein** 6g, **Fiber** 3g, **Sodium** 468mg, **Potassium** 260mg.



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MAPLE-LIME ROASTED SWEET POTATOES

ACTIVE: 15 MIN TOTAL: 1 HR

Sweet potatoes are widely grown in the New York region, Cleaver says—and eaten all over the world. This recipe offers a melting pot of traditions, using lime as you might find in a Caribbean dish to balance the sweetness of the sweet potatoes and real New England maple syrup.

- | | |
|---------------------------------------|--|
| 2 tablespoons pure maple syrup | 1/2 teaspoon ground cinnamon |
| 2 tablespoons dark brown sugar | Pinch of cayenne pepper |
| 2 tablespoons unsalted butter, melted | 4 pounds sweet potatoes, peeled and cut into 1-inch pieces |
| 2 tablespoons sunflower oil | Zest of 3 limes |
| 1 teaspoon salt | |

1. Preheat oven to 350°F.
2. Combine maple syrup, brown sugar, butter, oil, salt, cinnamon and cayenne in a large bowl. Add sweet potatoes and toss until thoroughly coated. Transfer to a large rimmed baking sheet. Roast, stirring every 15 minutes, until tender, 45 minutes to 1 hour. Sprinkle lime zest over the sweet potatoes and gently stir to distribute.

SERVES 12: ABOUT 2/3 CUP EACH

Calories 138, **Fat** 4g (sat 2g), **Cholesterol** 5mg, **Carbs** 24g, **Total sugars** 11g (added 5g), **Protein** 2g, **Fiber** 3g, **Sodium** 228mg, **Potassium** 452mg.

WINE LIST // Farm-to-Family Thanksgiving

WHITES

2012 Villa Wolf Pinot Gris, Pfalz, Germany \$13

Medium-bodied with bright fresh apple and pear flavors, this pinot gris is clean and crowd-pleasing.

2012 Epiphany Cellars Grenache Blanc, Santa Barbara County, CA \$20

Rich with lovely acidity for turkey, earthy grenache blanc could be considered a more sophisticated version of sauvignon blanc.

REDS

2011 Heinrich Red, Austria \$17

Made from Blaufränkisch, Zweigelt and St. Laurent grapes, this medium-bodied wine offers flavors of cherry and blackberry.

2010 Domaine Roblet-Monnot Bourgogne Pinot Noir Vieilles Vignes, Burgundy, France \$30

For a holiday splurge, it's hard to beat classic French Burgundy with supple tannins and a long, lingering finish.

GINGER & PEAR CHUTNEY

ACTIVE: 20 MIN TOTAL: 1 HOUR

TO MAKE AHEAD: Cover and refrigerate for up to 1 week; bring to room temperature before serving.

Try this double-ginger-infused fresh pear chutney instead of traditional cranberry sauce. Cleaver uses Bosc pears because they hold their texture during preparation and give a bit of tooth to the final product.

- | | |
|---|--|
| 3 pounds Bosc pears (about 6), cut into ½-inch pieces | 2 tablespoons packed light brown sugar |
| ½ cup water | 1 teaspoon finely chopped fresh ginger |
| ⅓ cup rice vinegar | 2 star anise |
| 3 tablespoons finely chopped crystallized ginger | Pinch of salt |

1. Combine pears, water, rice vinegar, crystallized ginger, brown sugar, fresh ginger, star anise and salt in a large saucepan. Bring to a simmer over medium-high heat. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the pears are starting to break down and the mixture has thickened, 35 to 40 minutes.

2. Let cool to room temperature. (Discard star anise before serving.)

SERVES 14: ¼ CUP EACH

Calories 76, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 20g, Total sugars 12g (added 4g), Protein 0g, Fiber 3g, Sodium 14mg, Potassium 105mg.



Farm to Family

Thanksgiving



KALE, CARROT & APPLE SALAD

ACTIVE: 30 MIN TOTAL: 30 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 1) for up to 2 days. Bring to room temperature before tossing with the salad. Dress the salad (Step 2) up to 30 minutes ahead.

Hearty kale often withstands the first frost of the season so it's likely you'll find all different varieties through the fall. Here emerald-green lacinato kale gives this salad a garden-fresh look, but any type of kale will work. For the best flavor, toss the salad with the dressing about 30 minutes before you're ready to serve—the sturdy kale leaves won't wilt from the dressing and taste even better after they've been marinated in it.

CIDER VINAIGRETTE

- 1 small shallot, chopped
- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider
- 1½ tablespoons whole-grain mustard
- 2 teaspoons pure maple syrup
- ½ teaspoon salt
- Ground pepper to taste

SALAD

- 10 cups coarsely chopped lacinato kale (1-2 large bunches)
- 2 sweet-tart apples, such as Golden Russet or Jonagold, cut into matchsticks
- 3 cups matchstick-cut carrots
- 1 cup matchstick-cut radishes
- ¾ cup flat-leaf parsley leaves, coarsely chopped

Plan, Plan, Plan

For every job, caterers put together a printed schedule with tasks to do 3 days, 2 days or a day ahead. Cleaver does the same thing for her own Thanksgiving, and so can you. It ensures that nothing is forgotten. Equally important, it helps you to address problems before they arise. (How did you think you could put three pies and a turkey in the oven at the same time?)

1. To prepare vinaigrette: Puree shallot, vinegar, oil, cider, mustard, maple syrup, salt and pepper in a blender or mini food processor until smooth and creamy.

2. To prepare salad: Toss kale, apples, carrots, radishes and parsley in a large bowl. Drizzle with the dressing; toss to coat.

SERVES 12: 1¼ CUPS EACH

Calories 95, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 13g, Total sugars 5g (added 1g), Protein 3g, Fiber 3g, Sodium 175mg, Potassium 421mg.



FEATURED FARM

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HoneysuckleWhite.com/HollidayFarm

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SPICED PUMPKIN PIE

ACTIVE: 40 MIN **TOTAL:** 2 HRS 40 MIN (PLUS COOLING TIME)

TO MAKE AHEAD: Loosely cover and refrigerate for up to 1 day.

Roasted pie pumpkin, roasted squash or simply canned pumpkin puree all work in this boldly spiced classic pumpkin pie. Make your own crust or look for a store-bought frozen crust without any partially hydrogenated oils.

- ½ recipe Butter Pastry Dough (far right)
- 3 large eggs
- ½ cup light brown sugar
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground allspice
- ½ teaspoon salt
- 1¾ cups roasted pumpkin or squash puree (see Tip, above right) or one 15-ounce can pumpkin puree
- ¼ cup heavy cream
- Bourbon Whipped Cream (below, far right; optional)

1. Preheat oven to 375°F.
2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the crust into a 9-inch pie pan (not deep-dish). Remove the second sheet, trim off any overhanging dough and crimp the edges with a fork. Prick the crust with a fork several times; line with parchment paper and add enough pie weights, dried beans or uncooked rice to cover the bottom. Bake until the crust is barely golden brown on the edges, 15 to 20 minutes.
3. Meanwhile, beat eggs and brown sugar in a stand mixer on medium-high speed until the mixture is thick and forms ribbons. Beat in cinnamon, ginger, nutmeg, cloves, allspice and salt. Beat in pumpkin (or squash) and cream. Remove the parchment and pie weights from the crust and pour in the filling.
4. Reduce oven temperature to 325°.
5. Bake the pie until just set in the middle, about 1 hour if using canned pumpkin or up

to 1½ hours if using fresh pumpkin or squash.

6. Let cool completely on a wire rack before serving. Serve with whipped cream, if desired.

SERVES 8

Calories 258, Fat 13g (sat 8g), Cholesterol 103mg, Carbs 31g, Total sugars 15g (added 13g), Protein 5g, Fiber 1g, Sodium 290mg, Potassium 200mg.

TIP: To roast pumpkin or squash for the filling, cut a small (4-to-6-pound) pie pumpkin or winter squash in half, remove seeds and lightly coat the inside with sunflower oil. Roast at 350°F until very tender, 50 minutes to 1 hour. Scoop out the flesh and pass it through a food mill or process in a food processor until very smooth. Yield: about ½ cup puree per pound.

MAPLE-GINGER APPLE PIE

ACTIVE: 1 HR **TOTAL:** 3¼ HRS (PLUS COOLING TIME)

TO MAKE AHEAD: Loosely cover and store at room temperature for up to 1 day.

Cleaver developed a love for heirloom apples while in college in Vermont. Here she has created a pie with just a touch of maple syrup, which allows the varietal flavors of the Hudson Valley apples she uses to shine through.

- 1 recipe Butter Pastry Dough (right)
- 8 cups peeled and thinly sliced apples (6-8 apples), a mix of sweet and tart, such as Cortland and/or McIntosh
- ¼ cup all-purpose flour
- ¼ cup pure maple syrup
- Finely grated zest of 1 lemon
- 2 teaspoons ground cinnamon
- 1 teaspoon grated fresh ginger
- ½ teaspoon salt
- 1 large egg, beaten
- Sugar for sprinkling (optional)
- Bourbon Whipped Cream (right; optional)

1. Preheat oven to 400°F.
2. Roll one portion of dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the crust into a 9-inch pie pan (not deep-dish). Remove the second sheet.
3. Toss apples in a large bowl with flour, maple syrup, lemon zest, cinnamon, ginger and salt until evenly coated. Spoon the apple mixture into the crust. Roll the second portion of dough between the sheets of parchment into a 13-inch circle. Peel off the top sheet and invert the dough onto the fruit. Peel off the remaining sheet. Tuck the top

crust under the bottom crust, sealing the two together. Flute the edge of the crust with your fingers or crimp with a fork. Brush the crust with egg, cut several slits in the top and sprinkle with sugar (if using).

4. Place the pie on a baking sheet to catch any drips. Bake for 20 minutes.

5. Reduce oven temperature to 325°. Continue baking until the crust is golden and the filling is bubbling, 50 minutes to 1 hour more.

6. Let cool completely on a wire rack before serving. Serve with whipped cream, if desired.

SERVES 10

Calories 308, Fat 15g (sat 9g), Cholesterol 55mg, Carbs 41g, Total sugars 14g (added 5g), Protein 4g, Fiber 2g, Sodium 243mg, Potassium 145mg.

BUTTER PASTRY DOUGH

ACTIVE: 10 MIN **TOTAL:** 1 HR 10 MIN

TO MAKE AHEAD: Refrigerate for up to 2 days.

This simple pastry dough makes enough for one double-crust pie or two single-crust pies.

Mix 2¼ cups all-purpose flour and ¾ tsp. salt in a large bowl or food processor. Cut 12 Tbsp. cold unsalted butter into chunks. Work the butter into the flour mixture using a pastry blender or two knives or by pulsing in the food processor until it's pebble-sized. Add 4 to 5 Tbsp. ice water (1 Tbsp. at a time), until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Divide dough into 2 pieces and pat each into a 5-inch disk. Wrap with plastic and refrigerate for at least 1 hour and up to 2 days. Remove from the refrigerator about 15 minutes before rolling out.

MAKES: ENOUGH FOR TWO 9-INCH PIES OR ONE DOUBLE-CRUST PIE (8 TO 10 SERVINGS)

BOURBON WHIPPED CREAM

ACTIVE: 5 MIN **TOTAL:** 5 MIN

This vanilla-bourbon whipped cream will put just about any holiday pie over the top.

Just before serving, beat 1 cup heavy cream with 3 Tbsp. confectioners' sugar in a medium bowl with an electric mixer until soft peaks form. Add 1 Tbsp. bourbon and 1 tsp. vanilla extract and continue to beat until stiff peaks form.

MAKES: ABOUT 2 CUPS (1 TBSP. SERVING)

Calories 30, Fat 3g (sat 2g), Cholesterol 10mg, Carbs 1g, Total sugars 1g (added 1g), Protein 0g, Fiber 0g, Sodium 3mg, Potassium 6mg.



Start in Advance, Way in Advance

Right after Thanksgiving, Cleaver starts getting ready for next year when she presses her freshly washed holiday linens. The freezer, she says, is your friend: she shops for ingredients all fall, picking up pumpkins at the market and roasting and pureeing them or making pie crusts on a slow Saturday.

HOMEMADE FOR THE HOLIDAYS

The holiday season is the perfect time to whip up a new recipe to share with family and friends. **PAM® Original** cooking spray is an essential ingredient to have in the pantry before you start baking this decadent dessert.



As seen on
Allrecipes.com

SOPAPILLA CHEESECAKE PIE

Prep: 15 minutes Cook: 45 minutes Servings: 12

INGREDIENTS

PAM® Original cooking spray

- 2 (8 ounce) packages, softened cream cheese
- 1 cup white sugar
- 1 teaspoon Mexican vanilla extract
- 2 (8 ounce) crescent roll cans, refrigerated
- $\frac{3}{4}$ cup white sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ cup butter, room temperature
- $\frac{1}{4}$ cup honey

DIRECTIONS

1. Preheat an oven to 350° F (175° C). Prepare a 9x13 inch-baking dish with **PAM® Original** cooking spray.
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.
3. Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch-baking dish. Evenly spread the cream cheese mixture into the baking dish, and then cover with the remaining piece of crescent dough. Stir together $\frac{3}{4}$ cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.
4. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.



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Almond Linzer Cookies
(page 86)

Looking for a sweet solution for parties & gifts?
Our cookie pros offer their best recipes & tips



Ruby, Claire and Virginia

Cookies to Share

Every year, just before the holiday craziness kicks in, my teenage daughter Ruby and I start combing through recipes in anticipation of our annual holiday cookie swap. We started this tradition eight years ago when Ruby was in kindergarten. Just before the school break, we invite classmates and their parents over to celebrate the season by trading cookies. Each guest need only bring one or two kinds to share. Everyone goes home with an assortment.

A few years after we started, the swap happened to coincide with a yearly visit from our dear friend, cookbook author Virginia Willis. Ever since then we have become a cookie-baking trio. Virginia and I met 15 years ago working on a food magazine in New York City, and we've always stayed connected, in part through our annual bake-a-thon.

When baking day arrives, Erta James serenades us in the background as we start the day early making doughs. We post a prep list on the fridge and one-by-one tick off the tasks. Occasionally Virginia stops to share a technique with Ruby or to explain the science of baking. Together they scoop dough and cut out star shapes. I decorate containers to pack cookies into for our guests. There is an unspoken sense of rhythm in the kitchen. An effortless flow, sprinkled with silliness and laughter. Our day winds down with Ray Charles singing "Georgia on My Mind." A day spent baking cookies with people I love is the best way to start the holidays.

BY CLAIRE PEREZ ~ RECIPES BY VIRGINIA WILLIS
PHOTOGRAPHY BY ALISSA DRAGON

Nestle some Spiced Snickerdoodles into an up-cycled aluminum-foil or plastic-wrap box lined with tissue paper for gift giving (be sure to remove the sharp edge). Cover the box with wrapping paper, colorful construction paper or even leftover wallpaper. Start saving boxes a few months ahead or ask your friends to contribute.



SPICED SNICKERDOODLE COOKIES

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Store in an airtight container between sheets of parchment paper for up to 5 days.

We've added spices beyond the typical cinnamon in these classic holiday cookies: ginger, allspice and nutmeg. They get their signature look and texture from a little food science—baking soda makes them rise and cream of tartar prevents the sugar from binding together and causes the cookies to collapse and wrinkle.

2¼ cups white whole-wheat flour or all-purpose flour	½ teaspoon ground allspice
2 teaspoons cream of tartar	¼ teaspoon freshly grated nutmeg
1 teaspoon baking soda	½ teaspoon salt
1 teaspoon ground ginger	1 cup unsalted butter (2 sticks), at room temperature
½ teaspoon ground cinnamon, plus 1 teaspoon for rolling	1¼ cups granulated sugar, plus ¼ cup for rolling
	2 large eggs

1. Preheat oven to 350°F.
2. Whisk flour, cream of tartar, baking soda, ginger, ½ teaspoon cinnamon, allspice, nutmeg and salt in a medium bowl. Beat butter and 1¼ cups sugar in a mixing bowl with an electric mixer on high speed until creamy; add eggs and beat until combined. With the mixer on low speed, beat in the flour mixture until just combined.
3. Combine the remaining ¼ cup sugar and 1 teaspoon cinnamon in a shallow dish. Roll the dough into 1-inch balls (about 1 tablespoon each, using damp hands if necessary). Roll each ball in the cinnamon-sugar. Place the cookies 2 inches apart on an ungreased baking sheet.
4. Bake, one pan at a time, until light brown on the edges, 9 to 11 minutes. Transfer to a wire rack to cool completely. Repeat with the remaining dough.

MAKES: 4 DOZEN COOKIES (1 COOKIE EACH)

Calories 80, **Fat** 4g (sat 3g), **Cholesterol** 18mg, **Carbs** 10g, **Total sugars** 6g (added 6g), **Protein** 1g, **Fiber** 1g, **Sodium** 54mg, **Potassium** 33mg.

PECAN TURTLE BARS

ACTIVE: 45 MIN **TOTAL:** 3 HRS

TO MAKE AHEAD: Store in a single layer in an airtight container for up to 3 days or freeze for up to 2 months.

EQUIPMENT: Parchment paper

What's not to love about buttery shortbread paired with rich, dark chocolate and topped with salty caramel? Make sure to use a gourmet finishing sea salt, such as Maldon or fleur de sel, for best texture and flavor.

CRUST

- 6 tablespoons unsalted butter, at room temperature
- ¼ cup canola oil
- ½ cup sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 cups white whole-wheat flour or all-purpose flour
- 1 cup bittersweet chocolate chips

CARAMEL SAUCE

- 1 cup sugar
- ¼ cup water
- ¼ cup low-fat evaporated milk
- ¼ cup unsalted butter (½ stick)
- 1 teaspoon vanilla extract
- Pinch of salt

TOPPING

- ¾ cup pecan halves, coarsely chopped and toasted
- ⅛ teaspoon coarse sea salt

1. To prepare crust: Preheat oven to 350°F. Coat a 9-by-13-inch metal baking pan with nonstick cooking spray. Line the bottom with parchment paper, allowing it to slightly overhang opposite edges.
2. Beat butter, oil and sugar in a mixing bowl with an electric mixer on high speed until creamy and well combined; scrape down the sides. With the mixer on medium, beat in vanilla and salt. With the mixer on low, beat in flour until just combined. (The mixture will be crumbly.)

Gooey, Nutty,



Press the dough evenly into the bottom of the prepared baking pan.

3. Bake, rotating the pan 180 degrees halfway through, until the shortbread just starts to color around the edges, 18 to 20 minutes. Remove from oven and prick the surface with a fork. (This is important: it helps the chocolate bind to the crust.) Turn off the oven.

4. Sprinkle chocolate chips evenly over the warm crust. Return the pan to the hot (but turned-off) oven until the chocolate melts, about 3 minutes. Smooth the chocolate with a spatula. Cool on a wire rack until the chocolate is set, refrigerating if desired.

5. To prepare caramel sauce: Combine 1 cup sugar and water in a small heavy saucepan. Heat over medium-high heat, swirling the pan occasionally, until the sugar dissolves. Continue to cook, without stirring, until the syrup turns a light golden brown, 6 to 10 minutes. Remove from heat and gradually add evaporated milk. (Use caution as you add the milk: the syrup will vigorously bubble in the pan.) Add $\frac{1}{4}$ cup butter, vanilla and pinch of salt; whisk until smooth. Set aside until still warm enough to spread, but not hot enough to melt the chocolate layer. (If the caramel becomes too cool to spread easily, reheat it over low, stirring frequently.)

6. To assemble & top: Spread the caramel over the chocolate. Sprinkle with pecans, gently pressing them into the caramel. Sprinkle with sea salt. Let stand until the caramel is completely set, refrigerating if desired.

7. To serve, run a knife around the edge of the pan. Using the parchment paper, lift the whole panful out and transfer to a cutting board. Cut into 36 bars.

MAKES: 3 DOZEN BARS, $1\frac{1}{4}$ BY 2 INCHES (1 BAR EACH)

Calories 134, Fat 8g (sat 3g), Cholesterol 9mg, Carbs 17g, Total sugars 11g (added 9g), Protein 1g, Fiber 1g, Sodium 29mg, Potassium 24mg.

Crunchy & Decadent



PIGNOLI COOKIES

ACTIVE: 1 HR **TOTAL:** 1½ HRS

TO MAKE AHEAD: Store in an airtight container between sheets of parchment or wax paper for up to 3 days.

EQUIPMENT: Parchment paper

This crispy-on-the-bottom-and-chewy-on-the-inside cookie is a twist on a traditional Italian holiday treat. Look for almond paste—a mixture of ground almonds and sugar (available in tubes or sometimes tubs)—near other baking supplies in well-stocked supermarkets or specialty stores. Sweeter marzipan doesn't work well in these cookies.

2 7-ounce tubes almond paste (not marzipan), coarsely crumbled	$\frac{1}{3}$ cup finely chopped pine nuts, plus 3 tablespoons whole pine nuts for decoration
$\frac{3}{4}$ cup confectioners' sugar	$\frac{1}{2}$ teaspoon salt
	2 large egg whites
	2 tablespoons water

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper.

2. Beat almond paste, sugar, chopped pine nuts and salt in a mixing bowl with an electric mixer on low speed until the almond paste is broken up into small bits; continue to blend until finely ground. Add egg whites and water and beat on medium-high speed, stopping to scrape the sides of the bowl once or twice, until smooth, about 5 minutes. (The batter will be very thick.)

3. Drop level tablespoons of dough onto the prepared baking sheet, about $1\frac{1}{2}$ inches apart. Gently press 5 pine nuts into the top of each cookie in the shape of a star.

4. Bake, rotating the pan front to back halfway through, until golden, 13 to 15 minutes total. Let cool on the pan for 15 minutes, then transfer to a wire rack to cool completely. Repeat with the remaining dough.

MAKES: 3 DOZEN COOKIES (1 COOKIE EACH)

Calories 72, Fat 4g (sat 0g), Cholesterol 0mg, Carbs 8g, Total sugars 7g (added 2g), Protein 1g, Fiber 1g, Sodium 36mg, Potassium 47mg.

BUTTON SHORTBREAD COOKIES

ACTIVE: 30 MIN **TOTAL:** 2½ HRS (INCLUDING 1 HR CHILLING TIME)

TO MAKE AHEAD: Prepare through Step 2 up to 1 day ahead or freeze airtight for up to 2 months. Store cookies in an airtight container for up to 5 days.

EQUIPMENT: Parchment paper or nonstick baking mat

Shortbread cookies are simple pleasures, the perfect combination of butter and sugar. And they're just as delicious when made with light-colored and mild-flavored white whole-wheat flour instead of white flour. Plus, they're wonderful to bake with small kids—get them to poke the button holes.

1⅔ cups white whole-wheat flour or all-purpose flour

½ teaspoon salt

½ cup unsalted butter (1 stick), at room temperature

6 tablespoons canola oil

½ cup confectioners' sugar

½ teaspoon vanilla extract

1. Sift flour and salt together into a medium bowl. Beat butter, oil and sugar in a mixing bowl with an electric mixer on high speed until well blended, about 1 minute. With the mixer on low speed, beat in the flour mixture and vanilla until just combined.
2. Divide dough into 2 equal portions and roll each into a log about 6 inches long. Wrap in plastic wrap and refrigerate until firm, at least 1 hour and up to 1 day.
3. Preheat oven to 350°F. Line a large baking sheet with parchment paper or a nonstick baking mat.
4. Working with one log at a time, cut the cookies ¼ inch thick. (To keep the cookies round, roll the log just slightly after each slice.) Place the cookies about 1 inch apart on the prepared baking sheet. Using a wooden skewer, make 4 holes in the center of each cookie so it resembles a button.
5. Bake until the cookies are pale golden brown, 9 to 11 minutes. Let cool slightly on the pan, then transfer to a wire rack to cool completely. Repeat with the remaining dough.

MAKES: 3 DOZEN COOKIES (1 COOKIE EACH)

Calories 68, **Fat** 5g (sat 2g), **Cholesterol** 7mg, **Carbs** 6g, **Total sugars** 2g (added 2g), **Protein** 1g, **Fiber** 1g, **Sodium** 33mg, **Potassium** 8mg.

With a dab of adhesive from a hot-glue gun and a few spare buttons you can transform a simple flower pot into a festive vessel for gifting or serving. The design here mimics these Button Shortbread Cookies but almost any cookie will look great in this creative garden-to-kitchen container.

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anilla extract
Chocolat
ounces best-quality semi-sw
chopped
1 1/4 cups white whole-wheat
1/2 cup unsweetened cocoa powder
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup unsalted butter (1 stick), room temperature
2 tablespoons canola oil
1 cup firmly packed dark brown sugar
2 large eggs
1/2 teaspoon pure vanilla extract
1/4 cup 2% milk
1/2 cup confectioners' sugar, for rolling

Melt-in-Your-Mouth Rich & Fudgy

Swap your cookies along with a recipe card so your friends can enjoy these cookies all year long. Dress glassine bags for the occasion with multiple ribbons and secure them with retro wooden clothespins. You can purchase the supplies to make these goodie bags at craft stores or online at uline.com.

CHOCOLATE SNOWCAP COOKIES

ACTIVE: 1½ HRS **TOTAL:** 2½ HRS (INCLUDING 1 HR CHILLING TIME)

TO MAKE AHEAD: Prepare through Step 2 up to 8 hours ahead. Store cookies in an airtight container for up to 5 days. **EQUIPMENT:** Parchment paper or nonstick baking mat

These fudgy cookies are a hit with chocolate lovers. Bake right after rolling them in confectioners' sugar: if they sit, the sugar absorbs into the dough and they lose their snowcapped look.

- 8 ounces best-quality semisweet or bittersweet chocolate, chopped
- 1 1/4 cups white whole-wheat flour or all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter (1 stick), at room temperature
- 2 tablespoons canola oil
- 1 cup firmly packed dark brown sugar
- 2 large eggs
- 1/2 teaspoon vanilla extract
- 1/4 cup reduced-fat milk
- 1/2 cup confectioners' sugar for rolling

1. Melt chocolate in a double boiler over barely simmering water or microwave on Medium until just melted.
2. Whisk flour, cocoa, baking powder and salt in a medium bowl. Beat butter, oil and brown sugar in a mixing bowl with an electric mixer on high speed, scraping down the sides once or twice, until light and fluffy. Add eggs and vanilla and beat until well combined. Stir in the melted chocolate. With the mixer on low, alternate adding the dry ingredients and milk, starting and ending with the dry ingredients. Cover and refrigerate until chilled, at least 1 hour and up to 8 hours.
3. Preheat oven to 350°F. Line a large baking sheet with parchment paper or a nonstick baking mat.
4. Place confectioners' sugar in a shallow bowl. Roll the dough into 1-inch balls (about 1 tablespoon each). Roll each ball in the sugar to coat. Place the cookies 2 inches apart on the prepared baking sheet. Refrigerate the remaining dough between batches.
5. Bake the cookies until the sugar splits, about 12 minutes. Transfer to a wire rack to cool. Repeat with the remaining dough.

MAKES: 4 DOZEN COOKIES (1 COOKIE EACH)
Calories 83, **Fat** 4g (sat 2g), **Cholesterol** 13mg, **Carbs** 12g, **Total sugars** 8g (added 8g), **Protein** 1g, **Fiber** 1g, **Sodium** 38mg, **Potassium** 47mg.

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ALMOND LINZER COOKIES

PHOTO ON PAGE 78

ACTIVE: 1¼ HRS **TOTAL:** 3¼ HRS (INCLUDING 2 HRS CHILLING TIME)

TO MAKE AHEAD: Prepare through Step 1 up to 1 day ahead. Store assembled cookies in an airtight container between sheets of parchment or wax paper for up to 3 days.

EQUIPMENT: One 2-inch and one 1-inch cookie cutter, parchment paper or nonstick baking mat

Star-shaped cutters give these classic jam-filled sandwich cookies holiday sparkle, but you can also use a more traditional round or scalloped cookie cutter. Almond flour adds crunchy texture and nutty flavor. Look for it near other specialty flours in natural-foods markets.

- 1¾ cups white whole-wheat flour
or all-purpose flour
- ¾ cup almond flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup unsalted butter (1 stick), softened
- ½ cup sugar
- 1 large egg
- ⅓ cup fruit jam or preserves

1. Whisk flour, almond flour, baking soda and salt in a medium bowl. Beat butter and sugar in a mixing bowl with an electric mixer on high speed, stopping to scrape down the bowl once or twice, until light and fluffy. Add egg; beat until well blended. With the mixer on low speed, gradually beat in the flour mixture until just combined, scraping the sides of

BONUS RECIPE:
Coconut Macaroon
Thumbprints with
Key Lime Curd at
[eatingwell.com/
webextra](http://eatingwell.com/webextra)



the bowl as needed. (The dough will have a sandy texture.) Remove the dough to a clean work surface and press it together into a ball. Divide into 2 equal portions, wrap in plastic wrap and refrigerate until very cold, at least 2 hours and up to 1 day.

2. Preheat oven to 375°F. Line 2 large baking sheets with parchment paper or nonstick baking mats. Remove one portion of dough from the refrigerator and let stand at room temperature for about 10 minutes to soften slightly.

3. Working on a lightly floured piece of parchment paper, roll the dough out to an ⅛-inch thickness. Cut out about 16 cookies with a 2-inch cookie cutter and transfer to one of the prepared baking sheets with a spatula. Press the scraps back together and roll out again until you've cut out about 30 cookies total, transferring the rest of the cookies to the second baking sheet as you cut them out.

4. Bake the cookies, one pan at a time, until the edges are light golden brown, 6 to 8 minutes. Let cool for about 2 minutes on the pan, then transfer to a wire rack to cool completely.

5. Meanwhile, bring the second portion of dough to room temperature. Roll out and cut out about 16 cookies with the 2-inch cutter. Use a 1-inch cookie cutter to cut the centers out of each.

Transfer to a cool baking sheet lined with parchment or a nonstick baking mat. Repeat with the rest of the dough until you have about 30 cookies with a 1-inch "window" in the middle of each.

6. Bake the "window" cookies until the edges are light golden brown, 5 to 7 minutes. Let cool for about 2 minutes on the pan, then transfer to a wire rack to cool completely.

7. Spread the center of each whole cookie with about ½ teaspoon jam. Place a "window" cookie on top of each to create a windowpane effect.

MAKES: 30 SANDWICH COOKIES
(1 COOKIE EACH)

Calories 92, **Fat** 5g (sat 2g), **Cholesterol** 14mg, **Carbs** 12g, **Total sugars** 5g (added 5g), **Protein** 2g, **Fiber** 1g, **Sodium** 45mg, **Potassium** 15mg.

Plan a "No-Sweat" Cookie Swap

→ 4 WEEKS OUT

- * **Make a guest list.**
- * **Select a date and time and email "Save the Dates."**
- * **Start collecting recipes** and shop for cookie-packaging items.

→ 3 WEEKS OUT

- * **Decide which cookies you're going to make for the swap.**
- * **Shop for nonperishable ingredients.**
- * **Make any cookie doughs that freeze well:** For dough that's shaped into balls, place unbaked dough balls onto parchment-lined baking sheets and freeze. Once frozen, transfer to sealable bags to free up space. For cut-out cookies, cut out and store unbaked cookies airtight on a baking sheet layered between parchment or wax paper.

→ 2 WEEKS OUT

- * **Send "evites."** Request guests to bring a certain number of cookies to swap (up to 1 dozen per guest is common); include a cookie sign-up sheet to help encourage variety.
- * **Plan to give.** If desired, ask guests to bring additional cookies to donate to a community center, bake-sale fundraiser or shelter.

→ 1 WEEK OUT

- * **Decorate cookie containers** for gift giving and/or unique presentations.
- * **Shop for beverages.**
- * **Make a holiday-music playlist.**

→ 3 DAYS AHEAD

- * **Set up a beverage and healthy snack station.** Plan to offer guests a variety of beverages and a selection of healthy snacks.

→ 2 DAYS AHEAD

- * **Defrost frozen cookie dough** in the refrigerator, if necessary.
- * **Prepare cookie fillings or glazes.**

→ THE DAY BEFORE

- * **Bake and assemble cookies.**

→ THE DAY OF

- * **Relax and have fun.**
- * **Share with those in need.** Deliver platters of cookies to the organization(s) you've contacted.



WIN A MIXER!

Enter our daily sweeps at
eatingwell.com/WinMixer
on November 21
(see page 10 for details).

Celebrate the Season



Delicious off the spoon or in Bruschetta, Carlson Norwegian Fish Oils can easily be mixed into food or be taken directly off of the spoon. Carlson Cod liver Oil provides the important omega-3s DHA and EPA. Current medical research suggests EPA and DHA support cardiovascular, brain and vision health.* For your next holiday get-together try this simple but healthy appetizer your friends and family will love.

Gorgonzola Bruschetta

Ingredients:

4 oz. gorgonzola cheese, crumbled
3 Tbsp. Carlson Cod Liver Oil
Lemon Flavor
1/2 small yellow squash, chopped
1/2 zucchini, chopped
1 tsp. garlic, chopped
1/2 small red onion, chopped
2 oz. grape tomatoes
1 French bread baguette
Balsamic vinegar: to taste

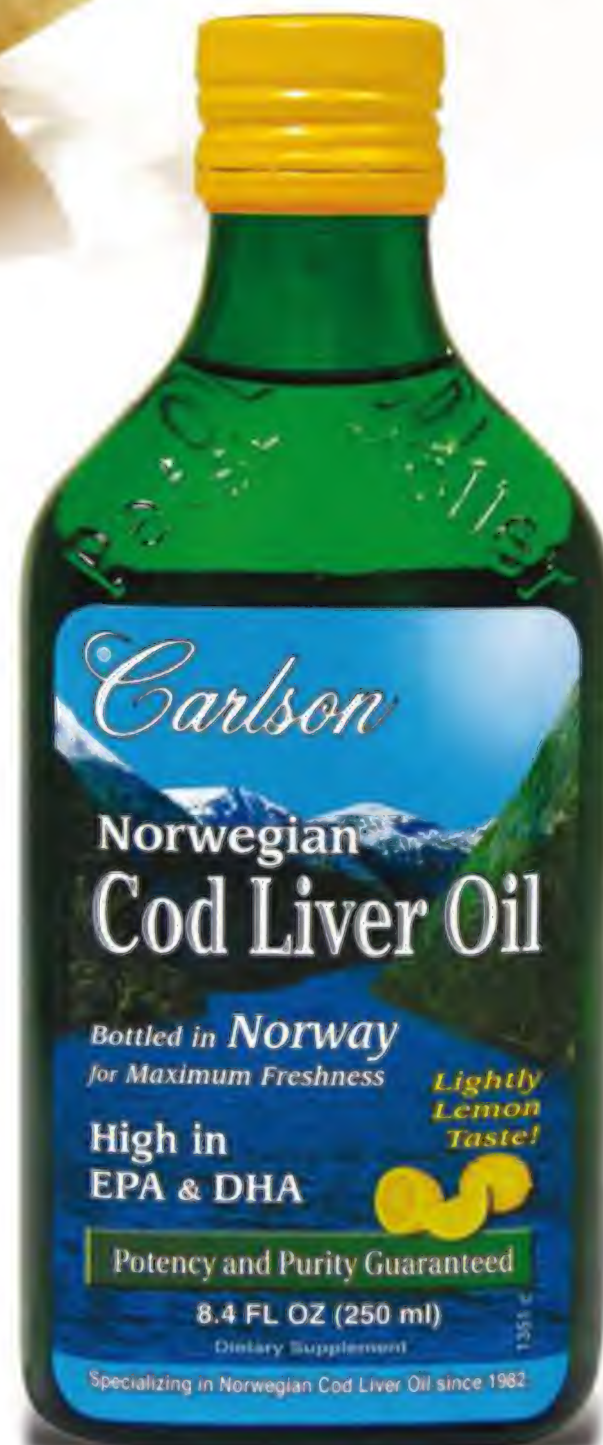
Directions:

Slice French bread baguette into 12 pieces and toast them.
Mix gorgonzola cheese, The Very Finest Fish Oil, and garlic together until creamy. Spread onto toasted bread.
Chop each tomato into 4 pieces. Chop zucchini, squash, and onion into the same sized, tiny pieces. Top bread with mixed vegetables.
Drizzle balsamic vinegar over the top. Each bruschetta provides about 1/2 teaspoon of Carlson Cod Liver Oil.



Carlson.

For more delicious recipes from Carlson visit www.carlsonlabs.com



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

TOAST THE ROAST



Here's to the main course, the center of the feast, the *pièce de résistance*, that impressive golden-roasted beauty we're all going to watch you carve. May all your roasts this season be as juicy, tender, succulent and irresistible as these.

BY TARA MATARAZA DESMOND

PHOTOGRAPHY BY CARIN KRASNER



KALE, FETA & OLIVE STUFFED LEG OF LAMB

TOAST THE ROAST





ROAST CHICKEN & POMEGRANATE FARRO SALAD

ACTIVE: 45 MIN TOTAL: 45 MIN

A roasted chicken is just as apropos for special occasions as it is for simple suppers. Here, the golden pieces arranged on top of a pomegranate seed- and roasted-almond-studded grain salad are pretty and homey at the same time. Add a favorite recipe for green beans or roasted Brussels sprouts for an easy crowd-pleasing dinner-party menu.

- 1 4-pound chicken, cut into 8 portions, or 2 bone-in breasts (halved), 2 thighs and 2 drumsticks
- 3 cups water
- 1½ cups farro
- ⅓ cup tightly packed flat-leaf parsley, finely chopped
- 1 small shallot, minced
- 2 large cloves garlic, minced
- 1 tablespoon extra-virgin olive oil plus ¼ cup, divided
- 1¼ teaspoons kosher salt, divided
- ½ teaspoon ground pepper, divided
- 3 tablespoons balsamic vinegar
- 1 tablespoon pomegranate molasses (see Tip, page 105)
- 5 cups arugula, trimmed if necessary
- 4 cups chopped romaine lettuce
- 3 medium stalks celery, sliced diagonally ¼ inch thick
- ⅔ cup sliced scallions
- ½ cup pomegranate seeds
- ½ cup roasted unsalted almonds, coarsely chopped

1. Preheat oven to 425°F. Coat a large rimmed baking sheet (or shallow roasting pan) with cooking spray. Place chicken pieces on the pan, spaced evenly apart.
2. Bring water and farro to a boil in a medium saucepan. Reduce heat to maintain a very gentle simmer, cover and cook until the farro is tender but still a little chewy, 25 to 30 minutes. Drain and set aside to cool.
3. Meanwhile, combine parsley, shallot, garlic, 1 tablespoon oil, ¾ teaspoon salt and ¼ teaspoon pepper in a small bowl. Loosen the skin on the chicken and rub the mixture under it.
4. Roast the chicken until an instant-read thermometer inserted into the thickest part of a breast or thigh registers 165°F, 30 to 35 minutes. Transfer to a plate; tent with foil to keep warm. Pour the pan drippings into a fat separator or measuring cup and let stand while you prepare the salad.
5. Whisk vinegar, pomegranate molasses, the remaining ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Slowly drizzle in the remaining ¼ cup oil, whisking until well combined. Add arugula, romaine, celery, scallions, pomegranate seeds, almonds and the cooled farro; gently toss to combine and coat the salad with dressing.
6. To serve, transfer the salad to a large serving platter. Remove the chicken skin, if desired, and place the chicken on top of the salad. Skim any fat from the pan drippings, then drizzle the drippings over the chicken. Serve immediately.

SERVES 8: 3 OZ. CHICKEN (SKINLESS) & 1¼ CUPS SALAD EACH
Calories 433, **Fat** 20g (sat 3g), **Cholesterol** 71mg, **Carbs** 35g,
Total sugars 6g (added 0g), **Protein** 31g, **Fiber** 6g, **Sodium** 237mg, **Potassium** 454mg.

If you haven't tried farro, it's worth seeking out this nutty, quick-cooking grain for this salad. Barley would be an excellent substitute, cooked according to its package directions rather than using the same method as the farro.

WINE LIST // Roasts

Full-bodied with flavors of peach and green apple, the **2012 Tramin Pinot Bianco, Alto Adige, Italy \$16** is a refreshing contrast to the herb rub on the chicken (left).

Made by an up-and-coming winemaker, the **2010 Château Beauséjour "Pentimento," Montagne Saint Emilion, Bordeaux, France \$23**, a blend of 75% merlot and 25% cabernet franc, is a wonderful counterbalance to the spice from the ancho sauce that accompanies the beef tenderloin (page 92).

Ripe acidity and soft tannins play off the sweet peppers and tomatoes in the fork-tender brisket (page 93), making budget-friendly **2012 Tilia Malbec, Mendoza, Argentina \$9** an easy pairing.

With flavors of the Mediterranean, the **2010 Elio Sandri Langhe Nebbiolo, Piedmont, Italy \$20** complements the feta and olives in the lamb (page 94).

Lusty and earthy, the black-fruit flavors of the **2012 Sobon Estate "Fiddletown" Zinfandel, Amador County, CA \$20** make it a perfect match for the sweet-and-spicy pork (page 94).



MAKE INSTANTLY PARTY-READY SIDE DISHES

with more recipes at eatingwell.com/webextra

TOAST THE ROAST

Both the beef tenderloin and the brisket can be prepared with grass-fed beef if you like. Be sure to check the doneness of the meat on the lower end of the indicated cooking time. Grass-fed beef tends to be leaner than conventional and can dry out easily.

COFFEE-CRUSTED BEEF TENDERLOIN WITH ANCHO CHILE SAUCE

ACTIVE: 45 MIN TOTAL: 1 HR

TO MAKE AHEAD: Prepare the sauce (Steps 4-5) up to 2 hours ahead; hold at room temperature and reheat just before serving.

Beef tenderloin will always hold court regardless of how it's prepared or what you serve with it. In this version the deep, dark flavors of coffee and smoldering heat of chiles add personality to the meat. The bittersweet ancho chile sauce is easy to put together while the beef roasts.

BEEF	SAUCE
2 tablespoons finely ground coffee or instant espresso powder	3 dried ancho chiles (about 1 ounce) or 3 tablespoons ancho chile powder
2 teaspoons brown sugar	1 small shallot, quartered
1 teaspoon paprika	1 clove garlic
$\frac{3}{4}$ teaspoon kosher salt	$1\frac{1}{2}$ cups reduced-sodium beef broth, divided
$\frac{1}{2}$ teaspoon ground pepper	2 teaspoons canola oil
$\frac{1}{2}$ teaspoon garlic powder	2 teaspoons brown sugar
1 2-pound center-cut beef tenderloin, trimmed	$\frac{1}{2}$ teaspoon ground cumin
	$\frac{1}{4}$ teaspoon kosher salt

- 1. To prepare beef:** Preheat oven to 425°F. Line a rimmed baking sheet with foil and coat with cooking spray.
- 2.** Combine coffee, brown sugar, paprika, $\frac{3}{4}$ teaspoon salt, pepper and garlic powder in a small bowl and mix thoroughly. Rub the mixture all over the tenderloin. Transfer to the prepared pan.
- 3.** Roast the tenderloin until an instant-read thermometer inserted into the center registers 130°F for medium, 35 to 45 minutes. Transfer to a cutting board and let rest 10 minutes before slicing.
- 4. To prepare sauce:** Meanwhile, put whole chiles (if using) in a medium bowl, cover with boiling water and weight down with a small plate or pot lid. Soak for 10 minutes; drain. Remove the stems and seeds. Add the chiles (or chile powder) to a blender along with shallot, garlic and $\frac{1}{2}$ cup broth. Blend to a thick puree, scraping the sides once or twice. Push the puree through a strainer into a bowl. Discard the solids.
- 5.** Heat oil in a small, high-sided saucepan over medium-high heat. Add the puree and cook, stirring, for 2 minutes. Add brown sugar, cumin, $\frac{1}{4}$ teaspoon salt and the remaining 1 cup broth and bring to a simmer. Reduce heat and simmer gently, stirring occasionally, until reduced to about $\frac{1}{2}$ cup, 30 to 35 minutes. Add more broth, if desired, for a thinner consistency.
- 6.** Slice the tenderloin into thick rounds and serve with the sauce.

SERVES 8: 3-4 OZ. BEEF & 1 TBSP. SAUCE EACH

Calories 162, **Fat** 6g (sat 2g), **Cholesterol** 59mg, **Carbs** 4g, **Total sugars** 2g (added 1g), **Protein** 21g, **Fiber** 1g, **Sodium** 187mg, **Potassium** 362mg.



A big roast on the table makes guests feel special



FENNEL-GARLIC BRAISED BRISKET WITH ROASTED PEPPERS & POTATOES

ACTIVE: 1 HR TOTAL: 4 HRS

TO MAKE AHEAD: Prepare through Step 5 and refrigerate for up to 2 days. To reheat, thinly slice the brisket, cover with sauce and reheat in a covered pot or baking dish at 350°F for about 30 minutes.

This brisket with roasted vegetables is unfussy and rustic. A long braise in a low oven coaxes the tenderness into this lean cut of beef and brings sweetness to the vegetables. Leftover brisket reheats beautifully and is hard to pass up when sliced and tucked into a sandwich made from crusty bread soaked in plenty of the brisket's sauce.

BRISKET

- 1 3-pound flat, first-cut brisket (see Tip, page 105), trimmed
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 teaspoon dried oregano
- 1 teaspoon fennel seeds
- $\frac{1}{2}$ cup tomato paste
- $1\frac{1}{2}$ cups low-sodium beef broth

SAUCE

- 2 tablespoons extra-virgin olive oil
- 1 medium red bell pepper, finely diced
- 1 small fennel bulb, cored and finely diced
- 1 small yellow onion, finely diced
- 3 medium red bell peppers, cut into wide strips
- 2 large russet potatoes, cut into $1\frac{1}{2}$ -inch chunks
- 3 tablespoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground pepper

1. Position racks in middle and bottom of oven; preheat to 325°F.
2. To prepare brisket: Pat dry and season with $\frac{3}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper.

TOAST THE ROAST

3. In a wide, heavy ovenproof pot (with a lid) that's large enough to accommodate the brisket, heat 1 tablespoon oil over medium-high heat. Add the brisket and cook until browned on both sides, about 10 minutes total. Transfer to a large plate.

4. To prepare sauce: Add 2 tablespoons oil to the pot and reduce heat to medium. Add diced bell pepper, fennel, onion and garlic and cook until just tender, stirring and scraping up bits from the bottom as the vegetables release their liquid, about 3 minutes. Stir in oregano and fennel seeds and cook, stirring, for 30 seconds. Add tomato paste, stirring until incorporated, about 1 minute. Stir in broth $\frac{1}{4}$ cup at a time, stirring and scraping the bottom of the pan, until you've added all the broth and a smooth sauce forms. Return the brisket and any accumulated juice to the pot and nestle it into the sauce, spooning the sauce over the meat.

5. Cover the pot and place on the middle oven rack. Roast for 2 hours. Carefully uncover, turn the brisket over and spoon more of the sauce over the top. Continue to roast the brisket, uncovered, basting with sauce once or twice, until very tender, 1 to $1\frac{1}{2}$ hours more.

6. To prepare vegetables: When the brisket has about $1\frac{1}{2}$ hours of roasting time left, toss bell pepper strips and potatoes in a large bowl with 3 tablespoons oil and $\frac{1}{4}$ teaspoon each salt and pepper. Spread evenly on a large rimmed baking sheet. Roast on the lower rack, stirring once or twice halfway through, until the potatoes are golden and very tender, about $1\frac{1}{2}$ hours.

7. Transfer the brisket to a cutting board. Pour the sauce into a glass measuring cup; let both stand for about 10 minutes. Thinly slice the brisket and arrange on a serving platter with the vegetables. Skim any fat from the sauce, then pour about half the sauce over the meat; serve the rest alongside in a gravy boat.

SERVES 8: 3-4 OZ. BRISKET, $\frac{1}{2}$ CUP VEGETABLES & $\frac{1}{4}$ CUP SAUCE EACH
Calories 437, **Fat** 19g (sat 4g), **Cholesterol** 105mg, **Carbs** 27g, **Total sugars** 6g (added 0g), **Protein** 40g, **Fiber** 4g, **Sodium** 360mg, **Potassium** 1,126mg.

KALE, FETA & OLIVE STUFFED LEG OF LAMB

PHOTO ON PAGE 89

ACTIVE: $1\frac{1}{4}$ HRS **TOTAL:** $2\frac{3}{4}$ HRS

TO MAKE AHEAD: Rub the lamb (Step 1), roll it up, cover and refrigerate for up to 1 day. Let sit at room temperature for 30 minutes before stuffing and roasting. **EQUIPMENT:** Kitchen string

The heft and luxurious richness of leg of lamb makes it an obvious choice for a special occasion. Here, it's marinated with garlic and lemon then stuffed with red onion, greens, feta and olives. Impressive, yet simple.

- 8 cloves garlic, finely minced, divided
- $\frac{1}{3}$ cup packed flat-leaf parsley, finely minced
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 4-pound boneless leg of lamb, butterflied and trimmed (see Tip, page 105)
- 1 small bunch kale or chard, trimmed
- $\frac{1}{3}$ cup minced red onion
- $\frac{1}{2}$ cup crumbled feta cheese
- $\frac{1}{2}$ cup pitted olives (Kalamata or a mix of favorites), chopped
- Zest of 1 lemon

- 1.** Combine half the garlic with parsley, 2 tablespoons oil, salt and pepper. Rub over both sides of lamb. Set aside at room temperature.
- 2.** Stem kale and chop the leaves. (If using chard, chop the leaves and stems separately.)
- 3.** Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the remaining garlic, chard stems, if using, and onion; cook, stirring frequently, until the onion starts to soften, 2 to 3 minutes. Add kale (or chard) leaves and cook, stirring often, until the leaves are tender, 8 to 10 minutes. Let cool for 10 minutes. Add feta, olives and lemon zest; stir to combine.
- 4.** Preheat oven to 450°F. Coat a shallow roasting pan with cooking spray.
- 5.** Spread the stuffing across the cut side of the lamb, leaving a 1-inch border all around. Roll up from short side to short side, tucking in the stuffing. Tie the roast with kitchen string in several spots to keep it rolled tightly. Place seam-side down in the prepared pan.
- 6.** Roast for 15 minutes.
- 7.** Reduce oven temperature to 350°. Continue roasting until an instant-read thermometer inserted in the center of the lamb registers 135°F for medium, 1 to $1\frac{1}{4}$ hours. Let rest on a cutting board for 15 minutes. Remove the string and slice the lamb.

SERVES 12: 4-5 OZ. EACH

Calories 265, **Fat** 14g (sat 4g), **Cholesterol** 94mg, **Carbs** 3g, **Total sugars** 1g (added 0g), **Protein** 30g, **Fiber** 1g, **Sodium** 275mg, **Potassium** 436mg.

POBLANO, SWEET POTATO & APPLE STUFFED PORK LOIN

ACTIVE: $1\frac{1}{4}$ HRS **TOTAL:** 5 HRS (INCLUDING 2 HRS BRINING TIME)

TO MAKE AHEAD: Butterfly and brine pork (Steps 1-2) up to 4 hours ahead. Stuff the pork (Steps 3-4), cover and refrigerate for up to 1 day. Let sit at room temperature for 30 minutes before roasting. **EQUIPMENT:** Roasting rack, kitchen string

This roast pork loin starts with a soak in brine to ensure that it stays juicy and moist. The stuffing combines sweet potatoes, apples and gently spicy poblanos with Mexican herbs and spices. Cornbread (see recipe, page 105) is a natural pairing, as is a salad with toasted pepitas and cider vinaigrette.

BRINE & PORK

- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{4}$ cup kosher salt
- 1 tablespoon ground cumin
- 2 cups boiling water
- 12 ice cubes
- 1 3-pound pork loin, trimmed

STUFFING

- 2 tablespoons extra-virgin olive oil
- 2 poblano peppers, finely diced
- 1 small sweet potato, peeled and finely diced
- 1 small apple, such as Pink Lady or Gala, finely diced
- 3 cloves garlic, minced
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon ground pepper
- $\frac{1}{8}$ teaspoon chipotle chile powder

RUB

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup cilantro leaves, finely chopped
- $\frac{1}{2}$ teaspoon chipotle chile powder
- $\frac{1}{2}$ teaspoon ground pepper

1. To prepare brine: Place brown sugar, $\frac{1}{4}$ cup salt and 1 tablespoon cumin in a heat-proof bowl. Pour in boiling water and stir to dissolve. Stir in ice cubes until melted.

2. To butterfly & brine pork: You're going to double butterfly the pork loin so it can be flattened, stuffed and rolled. To do so, place pork loin on a cutting board. Holding the knife blade

STYLING: KAREN GILLINGHAM (FOOD), KIM WONG (PROPS); PAGE 88: RUFFONI OVAL COPPER PAN, WILLIAMS-SONOMA; PAGE 89: LE JACQUARD FRANCAIS LINEN, REED & BARTON CARVING SET, SALUTATIONS HOME; PAGE 90: REED & BARTON LYNDOX SERVING UTENSILS, LE JACQUARD FRANCAIS LINEN, SALUTATIONS HOME; ROOST BRASS PLATTER; PAGE 92: RAYNAUD TRESOR ORANGE OVAL PLATTER, GLASS; PAGE 95: REED & BARTON CABOT CARVING SET, SALUTATIONS HOME

flat, so it's parallel to the board, make a lengthwise cut into the side of the roast just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the tenderloin 180 degrees. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with plastic wrap and pound to an even thickness of about ½ inch. Place the pork in a sealable gallon-size plastic bag and pour in the brine; turn to coat. Place in a dish and refrigerate for at least 2 hours and up to 4 hours.

3. To prepare stuffing: About 1 hour before you stuff the pork, heat 2 tablespoons oil in a large skillet over medium heat. Add poblanos, sweet potato, apple, 3 cloves garlic, ½ teaspoon cumin, ¼ teaspoon salt and ⅛ teaspoon each pepper and chipotle and cook, stirring, until the potato is just tender, 12 to 15 minutes. (Add water by the tablespoon to prevent sticking, as needed.) Remove from the heat and let cool for about 15 minutes.

4. To rub & roast pork: Line a large baking pan with foil and coat with cooking spray. Remove the pork from the brine and thoroughly pat dry. Combine 2 tablespoons oil, 2 cloves garlic, cilantro, chipotle and ½ teaspoon pepper in a small bowl. Mix thoroughly, then rub the mixture all over the pork. Spoon the stuffing mixture over the pork, leaving a 1-inch border all around. Roll up from long side to long side and secure in several spots with kitchen string. Transfer to the prepared pan seam-side down and let stand at room temperature while the oven preheats, 15 to 20 minutes.

5. Preheat oven to 375°F.

6. Roast the stuffed pork until an instant-read thermometer inserted into the meat (not the stuffing) registers 145°F, 45 minutes to 1 hour. Let rest on a cutting board for 15 minutes. Remove the string and slice the pork into thick rounds.

SERVES 12: ABOUT 4 OZ. EACH

Calories 189, **Fat** 8g (sat 2g), **Cholesterol** 60mg, **Carbs** 7g, **Total sugars** 3g (added 1g), **Protein** 22g, **Fiber** 1g, **Sodium** 219mg, **Potassium** 439mg.

TARA MATARAZA DESMOND *blogs at Crumbs on My Keyboard.*



If the idea of double butterflying the pork loin gives you, well, butterflies, ask your butcher to do it for you.

IMPORTANT PATIENT INFORMATION

AMITIZA® [ah-mah-TEE-zah]
(lubiprostone)
soft gelatin capsules

Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic, non-cancer pain (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children under 18 years of age.

Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used in pregnancy if the potential benefit justifies the potential risks to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breast-feeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of important patient information for a complete list of ingredients.

What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women and should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone).

How should I take AMITIZA?

AMITIZA is to be taken twice a day or as prescribed by your healthcare professional with food and water. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.



What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

Chronic Idiopathic Constipation

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea; taking AMITIZA with food and water may reduce symptoms of nausea. If nausea becomes severe, consult your healthcare professional. If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional. Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

How should I store AMITIZA?

Store AMITIZA at room temperature between 59° to 86°F (15° to 30°C) and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327.

What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

Marketed by:

Sucampo Pharma Americas, LLC., Bethesda, MD 20814
and

Takeda Pharmaceuticals America, Inc., Deerfield, IL 60015

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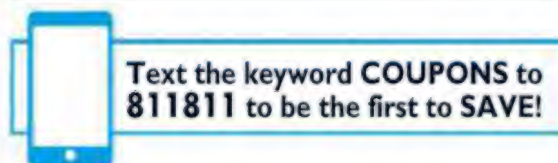
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ASK STACY: "Can I use wax paper instead of parchment paper?" // PAGE 102

TEST KITCHEN

LIGHTEN UP the custard base with fewer egg yolks and milk instead of cream.

ADD fiber with whole-wheat bread and lots of fresh fruit.

1 MASTER RECIPE

BREAD
PUDDING

4 FLAVORS

Dessert? Done.

ENJOY this cranberry-coconut bread pudding or try pumpkin-date, double chocolate or pear-pistachio.

If you've got 20 minutes to spare, then you have time to throw together one of these warm, comforting bread puddings.

BREAD PUDDING MASTER RECIPE

ACTIVE: 20 MIN TOTAL: 2 HRS

TO MAKE AHEAD: Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature for about 20 minutes before baking.

Use this recipe as a starting point to make healthier bread pudding for dessert or brunch. Try one of the flavor combos below or use your own mix of flavoring, fruit and topping. For individual bread puddings, divide among 12 small oiled baking dishes (about 8 ounces each). Cover with foil. Bake for 30 minutes, uncover, sprinkle with topping and bake for 20 to 25 minutes more. If desired, reserve the extra yolks when making the custard (Step 1) and use them for Vanilla Crème Anglaise (page 102) to serve with the bread pudding.

5 large eggs
3 large egg whites
3½ cups whole milk
¾ cup light brown sugar
1 tablespoon vanilla extract
¼ teaspoon salt

FLAVORING FRUIT

8 cups day-old whole-wheat
bread cubes (½-inch)

TOPPING

1. Whisk eggs and egg whites in a large bowl. Whisk in milk, brown sugar, vanilla, salt and FLAVORING until combined. Stir in FRUIT until incorporated. Add bread and stir until combined. Let stand for 30 minutes, pressing the bread down into the liquid a few times to help it absorb the custard.
2. Preheat oven to 350°F. Coat a shallow 3-quart baking dish with cooking spray.
3. Transfer the pudding mixture to the prepared pan. Coat a piece of foil with cooking spray and cover the pan, sprayed-side down.
4. Bake for 30 minutes. Uncover, sprinkle with TOPPING and continue baking until puffed and firm to the touch, 25 to 30 minutes more. Let cool for 15 minutes before serving.

SERVES 12

For nutrition analyses, turn to the recipe index on page 106.



PECAN, DATE & PUMPKIN

FLAVORING: 2 tsp. pumpkin pie spice

FRUIT: 1 cup pumpkin puree & 12 pitted dates, chopped

TOPPING: ½ cup chopped pecans, toasted



CRANBERRY-COCONUT

FLAVORING: 2 Tbsp. each finely chopped candied ginger & dark rum (optional)

FRUIT: 2 cups fresh cranberries

TOPPING: ½ cup sweetened shredded coconut, lightly toasted



DOUBLE CHOCOLATE-BANANA

FLAVORING: ½ cup each unsweetened cocoa powder & semisweet chocolate chips

FRUIT: 2 cups chopped ripe banana

TOPPING: ½ cup chopped salted peanuts, toasted



CARDAMOM, PISTACHIO & PEAR

FLAVORING: 1½ tsp. ground cardamom

FRUIT: 2 cups diced pear & ½ cup dried cranberries, chopped

TOPPING: ½ cup chopped pistachios, toasted

BONUS RECIPE: FRUITCAKE BREAD PUDDING at eatingwell.com/webextra



Holiday Smoothies That Keep Your Waist Line In Check

Most of us don't think about our weight during the holidays. After all, that's what New Year's resolutions are for. But the smoothies on the right are a delicious and easy way to keep your waist line in check during this holiday season and even get a head start on your weight loss goals.

They keep your metabolism active and help you burn fat while retaining muscle mass. In addition, they will keep you full and help you avoid cravings and over-eating by maintaining healthy blood sugar levels.

The key ingredient in all recipes is Almased, a gluten-free and diabetic friendly powder made from soy, yogurt and honey in a special fermentation process. The unique, all-natural formula contains no artificial fillers, flavors, added sugars, preservatives or stimulants and has been clinically confirmed to support weight loss and overall well-being.

You can replace one or two meals a day with an Almased smoothie for weight loss, or add it to your regular diet routine for weight maintenance and wellness.

Find more delicious smoothie recipes, get information on Almased and **download a free**, easy-to-follow diet plan at figureplan.com (enter source code **EWH**), or give us a call at **1-877-256-2733** (toll-free). You can find Almased in health food stores, at GNC and the Vitamin Shoppe, or visit www.almased.com.

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Gingerbread

- 8 Tbsp Almased
- 1½ cups unsweetened vanilla almond milk
- 1 tsp cinnamon
- ½ tsp ginger
- A pinch of nutmeg



Caramel Apple

- 8 Tbsp Almased
- 1 cup unsweetened almond milk
- ½ cup of unsweetened apple sauce
- 1 Tbsp almond butter
- ¼ tsp caramel extract



Holiday Nog

- 8 Tbsp Almased
- 1½ cups unsweetened vanilla almond milk
- 1 Tbsp ground flaxseeds
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp rum extract
- 1 tsp stevia (optional)



Mocha Mint

- 8 Tbsp Almased
- 1½ cups unsweetened almond milk
- ¼ cup cold coffee
- 1 Tbsp fresh mint leaves or ½ tsp of mint extract
- 2 tsp unsweetened cocoa powder
- 1 tsp stevia (optional)



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TEST KITCHEN



VANILLA CRÈME ANGLAISE

ACTIVE: 15 MIN TOTAL: 15 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

Try a drizzle of this lighter vanilla custard sauce on top of any of the bread puddings on page 100 or in lieu of whipped cream on your holiday pie.

1 cup low-fat milk
½ vanilla bean or 1 teaspoon
vanilla extract

3 large egg yolks
3 tablespoons sugar

1. Place a fine-mesh strainer over a medium bowl and set it near the stove. Pour milk into a small heavy saucepan. If using vanilla bean, halve lengthwise and, using the tip of a small sharp knife, scrape the seeds from the pod into the saucepan. (Or add vanilla extract.) Whisk until well combined. Heat the milk over medium heat, stirring often, until steaming, but not bubbling.
2. Meanwhile, whisk egg yolks and sugar in a medium bowl.
3. Gradually whisk half the hot milk into the eggs until combined. Slowly whisk the egg-milk mixture into the remaining milk in the pan. Cook over medium-low heat, stirring constantly with a wooden spoon in a figure-eight motion, until the custard thickens enough to coat the back of the spoon, 4 to 6 minutes. The temperature should reach 160°F on an instant-read thermometer—watch carefully to prevent the custard from boiling. Working quickly, strain the custard into the bowl. Serve warm or at room temperature.

SERVES 12: GENEROUS 1 TBSP. EACH

Calories 34, Fat 1g (sat 1g), Cholesterol 47mg, Carbs 4g, Total sugars 4g (added 3g), Protein 1g, Fiber 0g, Sodium 11mg, Potassium 35mg.



Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager **Stacy Fraser** at askus@eatingwell.com

Q Can I use wax paper instead of parchment paper?

—D. Piazza, San Diego, CA

A Wax paper and parchment paper can be used interchangeably in many applications, but not all. Wax paper melts when exposed to heat, while parchment can withstand temperatures up to 450°F, depending on the brand. Both types of paper are a great surface for rolling out pastry dough to prevent sticking and for layering cookies and candies when storing. But parchment paper is the one to choose when lining a baking sheet for a batch of cookies or a pan for roasting meat or vegetables. It's also the only paper to use when cooking *en papillote* (i.e., when you fold food in a packet and bake it). There's one exception to the rule of keeping wax paper away from heat: it can be used to line the bottom of cake pans because the cake batter absorbs much of the heat and prevents the wax from melting.

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18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Christy Light, Date: 8/12/14. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

TIPS & NOTES

Find **lemongrass** (page 44)—a woody, scallion-shaped herb with an aromatic lemon flavor—in the produce section of well-stocked supermarkets or Asian food shops. To use, trim off the root end and grassy top. Peel off the outer layer and thinly slice (or mince) the softer inner stalk.

Be sure to use a **nonreactive pan** (page 59)—stainless-steel, enamel-coated or glass—when cooking with acidic foods (citrus, cranberries, tomatoes) to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart off colors and/or flavors.

For **lean brisket** (page 93) buy “flat” or “first” cut instead of the fattier “point cut.” Call ahead to make sure your market has one on hand.

Preparing a **butterflied leg of lamb** (page 94)? Save time in the kitchen by asking your butcher to butterfly it for you (that is, open it up to a large flat cut of meat).



Making **homemade spaetzle** (German-style egg noodles or little dumplings; page 60) doesn't require fancy equipment—you can use a colander. Working in batches, press the batter through a colander (with ⅛- to ¼-inch holes) with a rubber spatula into a pot of simmering water. Or fill a squeeze bottle (with a ¼-inch hole) with batter and squeeze it into the water in short, ½-inch “squirts.”

Use **pomegranate molasses** (page 91) to add bright, tangy flavor to Middle Eastern-inspired sauces, salad dressings and more. Find it in large supermarkets near vinegars or molasses or in Middle Eastern markets.

To make Buttermilk Cornbread (see *Herbed Cornbread Stuffing*, page 69): Preheat oven to 375°F. Coat a 9-by-13-inch baking pan with cooking spray. Whisk 1½ cups **cornmeal**, 1 cup **white-whole wheat flour**, 3 Tbsp. **sugar**, 1½ Tbsp. **baking powder** and ½ tsp. **salt** in a large bowl. Whisk 1 cup plus 2 Tbsp. **buttermilk**, ½ cup **low-fat milk**, 2 large **eggs**, 1 large **egg white**, 3 Tbsp. **butter** (melted and cooled) and 3 Tbsp. **sunflower oil** in a bowl until well combined. Add the wet ingredients to the dry ingredients and mix just until blended. Scrape the batter into the prepared pan. Bake until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Let cool completely on a wire rack. To use for stuffing, store uncovered at room temperature for at least 1 day and up to 2 days.

Makes: 2 pounds cornbread (12 servings) 🍞



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Sparkling-wine holiday cocktails, page 62!

RECIPE & NUTRITION INDEX



	45 MIN OR LESS		BUDGET	CALORIES	FAT/SAT (g)		CARBS (g)	FIBER (g)	SODIUM (mg)						DAILY VALUE (15%+)				
										LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	CALCIUM	FOLATE	IRON	VITAMIN A	VITAMIN B ₁₂
STARTERS & SALADS		■		179	7/1	27	4	550	■	■	■						31		21
		■		58	3/1	8	2	257	■	■	■	■	■				82		
	■			120	9/2	6	3	348	■	■	■		■		28		77		31
		■		95	4/1	13	3	175	■	■	■	■	■				184		127
		■		113	4/1	15	3	305	■	■			■				47		28
		■		208	16/1	17	3	235	■	■	■	■	■						
			166	11/2	15	4	289	■	■	■		■		25		22		35	
SAUCES & SIDES																			
		■		110	5/3	7	0	222					■				32		
		■		76	0/0	20	3	14	■	■	■	■	■						
		■		284	16/7	32	3	468						17			16		
		■		138	4/2	24	3	228	■	■	■		■				355		34
		■		24	0/0	5	2	295	■	■	■	■	■						
		■		203	7/2	25	1	249	■	■	■				18				
VEGETARIAN MAIN DISHES																			
		■		297	18/9	26	4	383			■					21	51		25
■				321	21/4	27	4	493	■		■				17				
■		■		194	11/5	13	2	587	■		■		■	33			23		79
FISH & SEAFOOD																			
■				277	17/6	9	2	522	■				■					22	39
■				266	14/5	10	2	450	■	■			■					21	
MEAT & POULTRY																			
				148	3/1	2	0	437	■	■			■						
				162	6/2	4	1	187	■	■			■					19	
				437	19/4	27	4	360		■			■		16	27	43	43	148
■		■		265	14/4	3	1	275	■	■			■				33	45	36
■	■			261	15/5	20	4	583	■					18	15				23
■				435	23/5	25	5	805		■			■	15	58	29	215		60
■				339	11/3	27	3	537	■	■						15			
■		■		189	8/2	7	1	219	■	■			■				69		23
■		■		250	8/2	17	1	491	■	■									
■		■		433	20/3	35	6	237		■					18	16	54		15
■		■		450	14/4	16	2	457								29		44	
				362	16/4	16	3	608								33			63
COOKIES & DESSERTS																			
	■			92	5/2	12	1	45			■								
				150	0/0	34	3	4	■	■	■		■						
				30	3/2	1	0	3			■		■						
	■			68	5/2	6	1	33			■								
	■			287	8/3	43	4	278			■			15					
	■			83	4/2	12	1	38			■								
	■			255	7/3	37	4	288			■			15					
	■			298	9/4	45	5	288			■			15					
	■			308	15/9	41	2	243			■				15				
	■			280	9/3	40	4	279			■			16			68		
	■			134	8/3	17	1	29			■								
	■			72	4/0	8	1	36			■								
	■			258	13/8	31	1	290			■						71		
	■			80	4/3	10	1	54			■								
■				34	1/1	4	0	11			■		■						

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than \$3 per serving; sides and desserts that cost less than \$1.50 per serving. (See "How We Price Recipes," below.)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch or vegetable) have ≤420 calories; complete meals (protein plus starch and vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit eatingwell.com/go/guidelines.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used.
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of fall 2014.

GROCERY SWEEPSTAKES (page 104): NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at www.recipe.com/wingrocery, www.rachaelraymag.com/wingrocery, and www.eatingwell.com/wingrocery. The \$2,500 Grocery Sweepstakes begins at 12:01 a.m. CT on 10/1/14 and ends at 11:59 p.m. CT on 12/31/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per website, per day. Void where prohibited. Sponsor: Meredith Corporation.



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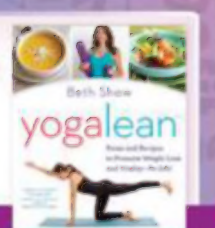
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The Queen of Tamales

So-called food incubators are popping up all over the country. And for people like Alicia Villanueva, their effect can be life-changing.

By Gretel H. Schueller // Photo by Craig Lee

Who She Is

"There's a lot of history in tamales. In Mayan times, only kings and queens ate them," explains Alicia Villanueva, a 53-year-old mom of three, who has been stuffing tamales since she was a kid, with her mom and grandmother in Mazatlan, Mexico. "When I came to the United States, I wanted to introduce my Mexican cuisine. Tamales are special. During holidays, the family comes together to cook tamales." When she arrived to California 14 years ago, she sold tamales door-to-door. Each week she cooked 100 tamales. Most were gobbled up, but she was working hard and could barely cover her bills. The family struggled.

What She Does

Villanueva still works hard, but now her food cart and catering business in San Francisco, Alicia's Tamales Los Mayas, sells 13,000 tamales a month and employs "eight beautiful ladies." She offers four savory tamale varieties, including a chicken tamale with veggies and salsa verde. Her mango tamale dessert recently won 1st place in a local competition. Soon her tamales will be available at local Whole Foods stores. It's a huge change from the early days of her business. "I'm living my amazing dream right now. Every morning, I just want to say thank you."

Why It's Cool

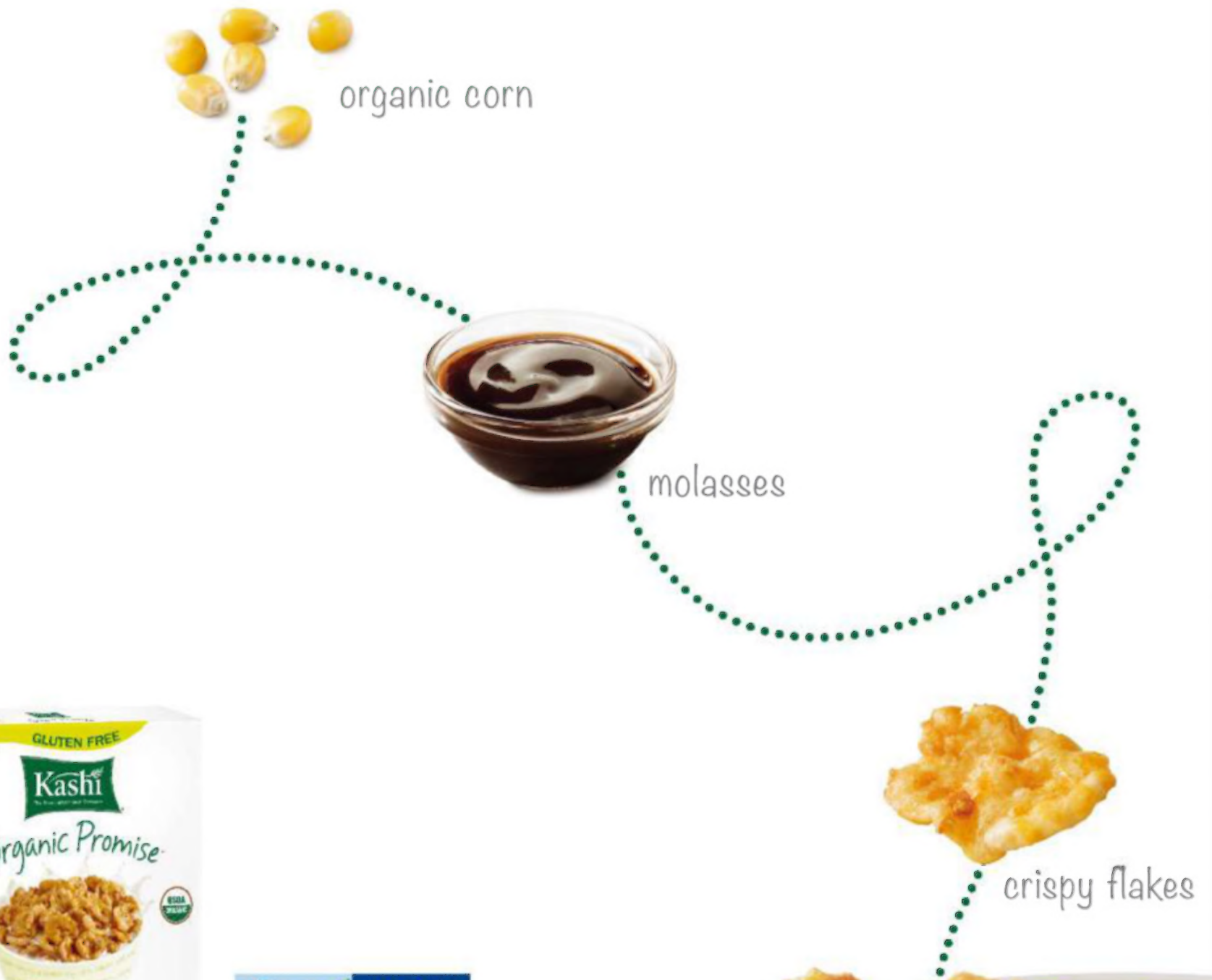
In 2010, Villanueva entered the five-year incubator program at La Cocina (Spanish for "the kitchen"), a nonprofit in San Francisco's Mission District that helps low-income, mostly female immigrant food entrepreneurs create thriving businesses. La Cocina's kitchen space, classes and support have boosted more than 30 startups that sell everything from Nepalese soul food to Russian piroshki. La Cocina is a busy place with many cooks working to prep food for catering orders and food carts. Yet everyone is filled with gratitude and camaraderie. "La Cocina makes it possible for me to have a nice future for my kids. This is the best place; it's magical," says Villanueva with great emotion.

Wrapped with Love

Tamales made by Alicia Villanueva (left) have been shipped as far away as Australia and England. Check out all her Mayan-inspired specialties at facebook.com/Aliciastamaleslosmayas



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